



WEEK 6
10/25/26

WHAT DOES IT MEAN TO GLORIFY GOD WITH MY BODY?

VERSES

1 Corinthians 6:19-20
Romans 1:25
1 Corinthians 6:12-18
Genesis 2:7
Genesis 1:31
Genesis 2:24

1 Corinthians 10:31
1 Corinthians 15
Romans 12:1
Romans 6:12-13
Hebrews 10:5

WEEK 6

WHAT DOES IT MEAN TO GLORIFY GOD WITH MY BODY?

RECAP:

Many of us, whether we realize it or not, have a complicated relationship with our body. Scripture has a lot to say about our bodies and God's purpose for them. Most of us have stopped being amazed by our bodies and started being annoyed by them; we have traded wonder for disappointment and dissatisfaction. So, **what are our bodies for?**

God forms us from dust and then breathes into it. The result isn't a soul trapped in a body; it is a "living being", one integrated thing. Genesis doesn't give us a ghost in a machine; it gives us dust that breathes. Genesis 1:31, *"God saw all that he had made, and it was very good."* Your body was not a mistake or a cage; it was declared "very good" before sin ever entered the picture. **The body is not just something you have. It's a means by which you reveal who you are, and who you belong to.**

Your body is not a temporary shell — it has a future, a resurrection, a glory that will still bear the marks of everything it's carried, redeemed rather than erased.

DISCUSSION QUESTIONS:

- Be honest: In what ways have you gone from being amazed by your body to being annoyed by it?
- When God is removed from the picture, "the body doesn't disappear as an object of worship — it just becomes the whole show." Where do you see this playing out in culture — appetite, sex, performance, addiction?
- Can you think of an example where your body "said" something true, or something false, without words?
- Can you identify one of your own default bodily reflexes under stress or boredom? What would retraining that reflex look like practically?
- Is there a part of your own body's story — illness, injury, addiction, aging, abuse — you've assumed God would just want to erase rather than redeem?
- What's one practical, bodily way you could glorify God this week — at your kitchen table, in your relationships, in a discipline you've been avoiding, or simply by showing up in person for someone?

