

HEART | SOUL | MIND | STRENGTH

FOUR WEEK JOURNEY, WEEK 4 STUDY GUIDE

ALL YOUR STRENGTH

VIDEO ONE – MESSAGE RECAP

Read 1 Corinthians 6:12-14 & 19-20

¹² "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. ¹³ You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴ By his power God raised the Lord from the dead, and he will raise us also.

¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore, honour God with your bodies.

These verses help us form a biblical view of how to view our physical bodies and capacities in this world through the lens of the gospel.

When you look at the slogans the Corinthian church was using in verses 12 and 13, in what ways do you see similar approaches in our own culture?

In verse 14, how does it change your thinking to see how Paul appeals to Jesus' resurrection and our future resurrection as a basis of the importance of our bodies?

In verse 20, we see our bodies are not our own, they are owned by God and stewarded by us. How does this change how we should think about our bodies as Christians?

We are also exhorted to honour God with our bodies, in stark contrast to the world which often sees our bodies as something to be idolised (obeyed at all costs) or ignored (not giving sufficient care because of some form of devaluing). In what ways do you see this contrast to the world play out around us?

How does the idea that our bodies are a home for God's Holy Spirit change the way we view our daily life as opposed to the culture around us?

VIDEO TWO – APPLICATION (HEART | SOUL | MIND | STRENGTH JOURNAL)

Note: It's likely you won't get through all of these areas in your discussion time tonight! Just work through whichever areas feel most appropriate or energising to your group.

We will spend some time looking at these areas and what it looks like to craft a vision (picture of a preferred future) for each area that is grounded in Scripture rather than a cultural vision or value.

This is space to talk, dream, and share ideas. The best way forward is not to try to do 'everything', but to eventually narrow your focus on what 1 or 2 areas feel most important now or are areas you sense God is specifically highlighting. The goal is not to overwhelm yourself, but to use wisdom in choosing a few habits to form that will form you over time as a person who loves God with all their strength. When we break with cultural visions, we find the freedom and abundance of God's vision for each of these areas.

Family & Friends: What are some of the ways you dream or envision loving God and others in your key relationships this year? Are there phrases, words, or verses that help you articulate that vision?

What are a few habits you have found helpful in moving toward your vision in this space? Or would like to try?

Fitness: How would you articulate your vision for your fitness & physical well-being this year? Are there phrases, words, or verses that help you articulate that vision? How should our approach to fitness differ from the world/culture?

A few key areas that are helpful to think through for physical well-being:

- Sleep
- Nutrition
- Exercise/Movement

What are habits you have found helpful in these areas or want to try this year?

Finances: How would you articulate some of the common elements of what our culture values in terms of a vision for our finances? How do you think it changes the vision or approach to our finances to embrace the biblical idea of stewardship?

What are some of the habits you have found helpful when it comes to stewarding your finances? Are there any habits you are hoping to form this year in particular? Are there any resources you need that would help you with that?

Forté: How does it change your work to see it as a forté — something at which you excel? In what ways does our vision for loving God with all our strength shape the way you see your work?

How would you articulate your own vision for your work (forté) this year?

Are there any habits you are hoping to form that would move you toward a vision for excellence in your work this year?

Fun: What is your vision for fun and enjoyment in your current season of life? In what ways does the idea of fun being more rejuvenating or replenishing when it is 'complex' ("*Flow: The Science of Optimal Experience*", by Mihaly Csikszentmihalyi) challenge our cultural expectations on fun?

What are some of the habits for fun you have found beneficial over time? What are some habits you want to consider for this year?

Note: If you have any questions or are looking for any resources or support in any of these areas, feel free to email me: dean@tn.church