



**Thanks for checking out our sermon-based Study Guides!** If you've never used our Study Guides before, you'll find some basic instructions beginning at the bottom of page 2.

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**SERMON-BASED STUDY GUIDE**  
for the sermon preached on November 11, 2021  
“Body and Soul” – 1 Corinthians 6:12-20



Finding *balance* between all the demands of everyday life can be impossible, as we are all pulled in so many different directions, but finding *rhythm* can bring beauty, order, and fulfillment to our lives. In this series, we've learned that life works best when we find a rhythm between work and rest, between our public and private lives, between gathering and scattering, between living in the present and investing in the future, between loving our own and loving the world. This week, we'll explore the rhythm between *body* and *soul*.

**Group Discussion Questions**

Q – Pastor Bryan began by describing what it means to be human, both for Jesus and for all of us: “By his incarnation, Jesus affirms both the physicality and the spirituality of human beings. We need bodies and souls to be fully human. . . . So we live well when we care for both.” He asked:

- How well are you caring for your body these days? Does the rhythm of your life include attending to your physical needs, in a reasonable and sustainable way?
- How well are you caring for your soul these days? Does the rhythm of your life include attending to those spiritual needs on a reasonable and sustainable basis?

Q – The sermon included several passages from Paul's first letter to the Corinthians, starting with 1 Cor. 6: 19 [*invite someone to read the passage out loud*]: “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; you were bought at a price. Therefore honor God with your bodies.”

- What does it mean that “[our] bodies are temples of the Holy Spirit”? How would you explain this teaching to someone new to the faith?
- At what moments are you most aware of your body being a temple of the Holy Spirit? How might we grow in awareness of this truth?
- How can we use our bodies to serve, honor, and glorify God?

Q – The second half of the sermon focused on the life to come. Pastor Bryan read from another chapter of that same letter to the Corinthians, 1 Cor. 15:20-22 [*invite someone to read the passage out loud*]: “But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a man, the resurrection comes also through a man. For as in Adam all die, so in Christ all will be made alive.”

- What does the word “firstfruits” mean here?
- What is the connection between Christ’s resurrection and the resurrection of those who believe in him?

Q – Pastor Bryan went on to discuss the Christian understanding of eternal life, quoting from 1 Cor. 15:51-53 [*invite someone to read the passage out loud*]: “Listen, I tell you a mystery: We will not all sleep, but we will all be changed—in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality.”

- In what sense is what Paul is describing here “a mystery”?
- Do you find the promise of eternal life comforting? Challenging? Confusing? In what way?

Q – The heart of the sermon was the message that “We live well when we care for our bodies and our souls, because we need both to be fully human, we need both to glorify God, and we need both for the life to come.”

- Which of these three ideas—that we need both body and soul to be human, that we need both body and soul to serve and glorify God, and that we need both body and soul for the life to come—resonated with you the most, and why?

### How to Use These Study Guides:

- Consider sending out the Scripture passage to your group members ahead of time.
- Begin each meeting with a short time of checking in with one another.
- You may want to begin the discussion by reading the Scripture passage together out loud, or by summarizing the passage if everyone has read it ahead of time.
- Don’t feel like you need to discuss every question included in the Study Guide. Pick one or two to start with, and see how the conversation flows.
- If your group meets over Zoom:

- You may need to do more overt facilitating over Zoom than you would in person. Feel free to call on people to invite them to share.
  - Try to be sensitive to attention spans over Zoom—keep the meetings shorter than they would be in person.
- Be sure to set aside time for sharing prayer requests and praying together.

**Group Leader Support:** Please reach out to your Campus Pastor or your Coach if you have any questions about leading your group or concerns about your group dynamic. If you have questions about or feedback on the Study Guides, please reach out to Pastor Tim or Pastor Rachel from the Group Life team.