

Week 6: Honoring God with our Bodies

Overview: Last week we looked at God's design for sexuality and relationships. This week takes it from theory to everyday practice: What does it look like to walk in step with the Spirit today in our bodies, desires, habits, and relationships? We face constant pressure – comparison, temptation, identity, performance, curiosity, desire, shame, and social expectations. The Bible doesn't ignore this. In 1 Corinthians 6, Paul says our bodies matter deeply: they belong to the Lord, are filled with His Spirit, and are called to honor God.

Key Scripture: 1 Corinthians 6:12-20

Supporting Scripture: Galatians 5:16, Romans 12:1-2

CONTENT

Key Takeaway: Honoring God with your body is a Spirit-led, hope-filled way of living. The Spirit gives you the power to walk in purity.

Key Points

- Your body has purpose, value, and dignity
 - Your body is not an accident or afterthought
 - You were bought at a price – your body belongs to God in the most loving way
 - Your body is a temple of the Holy spirit - how you treat your body reveals who you believe you belong to.
- Walking by the Spirit means rejecting what harms and pursuing what heals
 - “I have the right...” is not the same as “This is good for me”
 - God’s commands are not about restriction – they’re about protection and flourishing
 - The Spirit gives us power to flee from sexual immorality, not flirt with it.
 - Purity isn’t just avoiding sin – it’s pursuing wholeness.
 - Boundaries aren’t walls to keep you from joy – they’re guardrails to keep you from falling off a cliff.
- Holiness is daily, Spirit led choices [NOT “dramatic” Spirit led choices]
 - Walking by the Spirit is:
 - Saying “no” to porn
 - Saying “yes” to accountability
 - Making dating boundaries before the date.
 - Guarding the mind (what you scroll / watch)
 - Setting physical standards in relationships
 - Confessing instead of hiding
 - Asking the Spirit for strength when tempted

- You don't drift into holiness – you step into it, one choice at a time.
- The Holy Spirit brings healing where there's hurt or history
 - Some students carry shame from choices they made. Others carry wounds from choices made against them.
 - Jesus heals both.
 - The Spirit cleanses, restores, renews, and strengthens.
 - No one is too far gone, too broken, or too guilty.

Gospel Application: Jesus lived bodily purity perfectly – not to show off, but so He could give us His righteousness. On the cross, His body was broken so ours could be healed, restored, and made holy. Through the resurrection, the Spirit fills us with His power to choose holiness over temptation, truth over lies, and healing over shame.

Key Question: What is one step the Holy Spirit is leading you to take to honor God with your body? [examples to suggest: deleting something, confessing something, setting a boundary, asking for accountability, beginning counseling]

APPLICATION

Activity Suggestions: Take time to pray and discuss this message with your small group and ask the following question- what's one choice you can make this week to honor God with your body, mind, or relationships, and how can the spirit help you do it?

Community Group Questions

- What does it mean to you that your body is a temple of the Holy Spirit and belongs to God?
- Boundaries are not walls they are guard rails - can you think of a time a boundary helped you grow in faith and relationship with God?
- Where's one area in your life where you want the spirit to help you make spirit-led choices?