

SUNDAY RECAP

We continued in our series, *Consecrated Living*, focusing on what it means to live consecrated lives, specifically regarding our bodies. Before starting the questions with your group, invite God to reveal Himself through His Word and by His Spirit during your discussion.

KEY PASSAGE: Romans 12:1-2

OPTIONAL ICEBREAKERS

- What's the silliest or most ridiculous way you've ever injured yourself? What's a time your body reminded you that you're not quite as young as you used to be?

DISCUSSION GUIDE

1. How does Romans 12:1-2 challenge the idea that faith is only inward or private?
2. Read 1 Corinthians 6:19-20. What does it mean to glorify God "in your body"?
3. Our culture often idolizes the body, while Christians sometimes ignore it. Why do both the physical and spiritual aspects of our lives matter to God, and how are they connected in living out our faith?
4. Consider this question from Sunday's message: *"What things in our lives need to die so Christ can resurrect His life in us?"* What's one "bodily habit or pattern" that might need surrender or re-alignment with God's purpose?
5. For many, our bodies can be a source of pain, shame, or limitation. Our own experiences within our bodies (sickness, injury, aging, insecurity or even trauma) can make this topic particularly difficult. How do we reconcile those real struggles with God's good design? How might God meet us with grace, healing and redemption in those very places of pain?

30 DAYS OF CONSECRATION

As part of this series, we invite you to participate with us as we set apart time to connect with Jesus. Each week, there is a Scripture to meditate on, daily prayer, and weekly practice as an act of worship.

This week the invitation is to engage your heart, mind and BODY in worship. Below are some ideas. Discuss with your group, identify something you could try this week to help you grow.

- Choose a posture that's new or intentional for you as you pray, sing, or listen (raise hands, kneel, bow, or stand).
- Set aside one meal to fast and pray intentionally for a specific person/situation.
- Take intentional time to rest and care for your body.
- Use your body to serve someone else in whatever way you can (carry groceries, help a neighbor).
- Offer your body's suffering, sickness, or physical limitations to God in prayer.

GROUP PRAYER TIME: Share any personal requests before praying together. Incorporate this week's prayer of consecration by closing your prayer time saying it aloud together.

Lord Jesus, I offer my whole self, body and soul, to you today.

May my thoughts, words, and actions honor you.

Use me as a living sacrifice for your glory. Amen





BOOKS REFERENCED IN THIS WEEK'S SERMON:

Love Thy Body by Nancy Pearsy

Divine Conspiracy by Dallas Willard

MORE WAYS TO ENGAGE: Fair Oaks Church Sermon Podcast (Apple Podcasts & Spotify) to listen to just the message. Check out **Cutting Room Floor** episodes that further unpack sermons and insights from preachers.

UPCOMING EVENTS Learn more at fairoaks.church/events

- **November Food Drive:** We're collecting items most needed for food banks all month long! Bring cereal, peanut butter, rice, ramen, pasta, and pasta sauce to church any Sunday in November (drop off spot in church lobby)
 - 11/14: **Food Distribution at FO/OV Food Bank** | 9a-12:30p | Sign up to volunteer at fairoaks.church/events
 - 11/15: **Men's Breakfast** | 8a-10a | AMC
 - 11/16: **Joyous Brass Concert** | 6-7:30p | Worship Center
 - 11/16: **Charitable Giving 101** | 11:45a | AMC | Guidance on Giving Stocks, & IRAs to Charities
 - 11/23: **Commitment Sunday:** Turn in giving commitments during worship services
 - 12/3: **Deck the Halls** | 4-6:30p | Volunteers help prep for Advent season!
 - 12/4: **WFO Brunch** | 9:30-11:30a | FLC, AMC | Speaker: Emily Bartholow
 - 12/7: **Christmas Kickoff** | 10:30a United Service & Lunch/Gingerbread Houses
- Tickets Available at fairoaks.church/events

