

Key Scripture

"¹⁹ Don't you know that your body is a temple that belongs to the Holy Spirit? The Holy Spirit, whom you received from God, lives in you. You don't belong to yourselves. ²⁰ You were bought for a price. So bring glory to God in the way you use your body." 1 Corinthians 6:19-20 (GW)

"²⁰ But now Christ has come back from the dead. He is the very first person of those who have died to come back to life. ²¹ Since a man brought death, a man also brought life back from death. ²² As everyone dies because of Adam, so also everyone will be made alive because of Christ. ²³ This will happen to each person in his own turn. Christ is the first, then at his coming, those who belong to him will be made alive. ²⁴ Then the end will come. Christ will hand over the kingdom to God the Father as he destroys every ruler, authority, and power." 1 Corinthians 15:20-24

"⁸ Training the body helps a little, but godly living helps in every way. Godly living has the promise of life now and in the world to come. ⁹ This is a statement that can be trusted and deserves complete acceptance. ¹⁰ Certainly, we work hard and struggle to live a godly life, because we place our confidence in the living God. He is the Savior of all people, especially of those who believe." 1 Timothy 4:8-10 (GW)

"I saw a new heaven and a new earth, because the first heaven and earth had disappeared, and the sea was gone. ² Then I saw the holy city, New Jerusalem, coming down from God out of heaven, dressed like a bride ready for her husband. ³ I heard a loud voice from the throne say, "God lives with humans! God will make his home with them, and they will be his people. God himself will be with them and be their God. ⁴ He will wipe every tear from their eyes. There won't be any more death. There won't be any grief, crying, or pain, because the first things have disappeared." ⁵ The one sitting on the throne said, "I am making everything new." He said, "Write this: 'These words are faithful and true.'" Revelation 21:1-5 (GW)

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Start talking. Find a conversation starter for your group.

- What's your favorite way to get in a little exercise?
- If you go by popular depictions of Heaven in culture and media, what would Heaven be like?

Start thinking. Ask a question to get your group thinking.

- Read 1 Corinthians 15:12-58 (yes it's long). What questions are answered by this passage, and which ones are raised?
- Read Luke 24:40-42. What is the significance of Jesus eating fish post resurrection / pre ascension?
- 2 Peter 3:10-13 gives some people the impression that Earth will be destroyed and Heaven will be somewhere else. How does Revelation 21:1-5 help us to interpret 2 Peter 3:10-13?
- Read Revelation 21:1-5. In what way does this passage serve as the opposite bookend of Genesis 1-2?

Start sharing. Choose a question to create openness.

- Have you ever been to a funeral where the speaker made it seem like death is the entrance to eternal life? Is that true? When do we receive eternal life? What does death really change?
- Jesus' invitation to "follow" is an invitation to participate with him in bringing about the restoration of Heaven on earth. In what ways can we do so?

Start doing. Commit to a step and live it out this week.

- Make a fitness / nutrition goal.
- Is there anything you're using your body for that doesn't honor God? What's something you need to repent of? What's a good practice that you need to add?

Start praying. Be bold and pray with power.

- *"Father, I thank you that you have created me; mind, body, and soul. Help me to take care of my body as the amazing gift of God that it is, yet to place my ultimate hope in your son Jesus, the bodily resurrection of the dead, and the promised re-creation of the world. Amen.*

Trios: Split into same-gender groups of three for 15 minutes:

- What has God's Word been teaching you this week? Is there anything you need to repent of?
- What's something you'd like someone else to check in with you about this week?
- How's your weekly 3-2-1 challenge going? (*3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection*)