

Warming Up

- If you could change one thing about your current body or physical condition, what would it be?
 - Why that? What does that desire say about what you value or long for?
 - What's something that recently "broke down" or reminded you that everything in life wears out?
 - How did you respond? Frustrated, resigned, amused, hopeful?
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Digging Deeper

- What is Paul's main point in **1 Corinthians 15:35-44** about our *future* bodies?
 - Why is the "seed" analogy so important to understanding the resurrection?
 - **Read Luke 24:36-43.** What do we learn about Jesus' resurrected body?
 - What excites or surprises you about this passage and how it describes Jesus' post-resurrection body?
 - What does Paul mean in **2 Corinthians 5:1-5** when he compares our bodies to tents and our heavenly bodies to a house?
 - How does that change the way you think about aging, illness, or even death?
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Bringing It Home

- How can the hope of your perfect, eternal, spiritual body change the way you live in your earthly one right now?
 - What would it look like to honor God with your body while knowing it's temporary?
 - Where do you find yourself investing more in the "tent" than in the eternal house?
 - What's one specific way you can give yourself "fully to the work of the Lord" (1 Corinthians 15:58) this week?
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Pray together!