

## Naked Truth Message Questions Week 3 Oct 6/8

Note: We are diving into this series that casts a big picture vision for the meaning of our bodies. This is no easy task but at the same time, important. We have provided videos each week to help highlight some central ideas and to enhance our understanding and assimilation of these points. However, our Journey weekend messages are our primary means of communicating our take on this teaching. These messages will be central to our Life Group discussions. **The Personal Reflection questions are MOST important to our Life Group time, so please move on to these 10 minutes before you need to end.**

1. What do we learn about the value and purpose of the body from the following videos? Jot down your thoughts as you watch.

**Play the Christopher West and Ed videos.**

2. What are some of the implications of the view of the body described in the following quote by Dietrich Bonhoeffer?

*His body belongs to his essential being. Man's body is not his prison, his shell, his exterior, but man himself. Man does not "have" a body; he does not "have" a soul, rather he "is" body and soul". Man in the beginning is really his body. He is one. He is his body, as Christ is completely his body, as the Church is the body of Christ.*

3. Ed stated that the purposes of our bodies are both sacramental (making visible an invisible reality) and kingdom.
  - We image God in and through our bodies.
  - We bring God's kingdom to this world in and through our bodies.In what ways does this statement contrast prevailing attitudes in the world we live in, regarding the purpose of our bodies?
4. Read 1 Corinthians 6:19-20; Philippians 1:20. What do these passages tell us regarding the way that we are called to live in our world as embodied persons?
5. Our body-selves have been corrupted by sin and death. We are ALL twisted clay. When our body-selves are functioning separated from the Spirit of God we:
  - ask the body to satisfy us
  - ask the body to validate us
  - obsess about the body
  - give the body controlWhat would it look like for our body-selves to live in freedom from all of the above?

6. Read Colossians 2:9; 1 Peter 2:24. It's not hopeless. We CAN begin to live free from the corruption of our body-selves. How do these passages describe the ways in which Jesus made this possible?

**Personal Reflection:**

Mark the statements that reflect the false beliefs about the body that seem to trip you up as you live life following Jesus.

- My body's appearance is a source of my identity and value.
- The appearance of others' bodies impacts the way that I relate to them.
- The purpose of my body is to be a vehicle that I use to satisfy my deepest longings and desires.
- I use the bodies of others to satisfy my longings and desires.
- My body is my enemy that keeps me from getting what I want.
- I am a spirit trapped in a body.
- No one can tell me what to do with my body.
- What I do with my body has no impact on the real me.
- The urges and longings of my body must be satisfied or I will be repressed and unhealthy.
- I am helpless to control the urges and longings of my body.

In what ways have these false beliefs impacted you?

Talk to God about these false beliefs and ask Him how He is inviting you to respond.