

## Guide for Growth Group Hosts

### Growing Physically (LOADING... Message Series)

#### **THINK ABOUT IT**

What have you implemented from last week's message? What was the most difficult thing for you to implement?

#### **MAIN GROWTH GROUP SCRIPTURE**

*And Jesus grew in wisdom and stature, and in favor with God and man. **Luke 2:52 (NIV)***

#### **DISCOVERY QUESTIONS**

- What does growing physically (in a healthy manner) have to do with your walk with Christ? Do you treat your physical health differently than your spiritual health?
- In this week's message we learned that your body is a treasure. What does that mean to you?
- (Read the Verse Below) The Bible tells us that your body is for the Lord. How does this change your perspective on what you eat, exercise, etc?

*The body is for the Lord, and the Lord for the body. By His power God raised Jesus from the dead, and he will raise us also. **1 Corinthians 6:13-14 (NIV)***

- (Read the Verse Below) We learn from the Bible that Christ is the head of the Church and that we (those who have accepted Christ) are the members (different parts of that body). What do you think this means in reference to unity in the church, your home, or your family?

*Do you not know that your bodies are members of Christ himself?*

**1 Corinthians 6:15 (NIV)**

- (Read the Verse Below) It's important to remember that your body is a temple of the Holy Spirit. With this knowledge, how does this change how you view problems in life now that you know God is with you at all times?

*Do you not know that your body is a temple of the Holy Spirit, who is in you?*

**1 Corinthians 6:19 (NIV)**

- (Read the Verse Below) In the message it was mentioned that your body is a sacred trust. After reading or hearing this verse, how valuable do you think you are to God?

*. . . You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20 (NIV)*

- (Read the Verse Below) Those who have accepted Christ represent Christ to the world. As a representative of Christ, why is modest appearance for men and women important?

*In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy. And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves. . . . [Those] who claim to be devoted to God should make themselves attractive by the good things they do.” 1 Timothy 2:8-10 (NLT)*

- (Read the Verse Below) The key to this verse is that we should not even get close to any kind of impurity. Why do you think we are tempted sometimes to get close to the edge? Furthermore, reporters and scientists in Hawaii have recently instructed people not to get close to the volcano (to take pictures, etc). Why is it dangerous to get close to the volcano and how can you relate that to this verse?

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.  
**Ephesians 5:3 (NIV)***

### **LIFE APPLICATION**

How can you practically train yourself for godliness each day? Share your ideas with the group!

*...train yourself to be godly. “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God... 1 Timothy 4:7-10 (NLT)*

## **DIVE DEEPER**

**Go deeper during the week!**

- A great way to dive deeper and learn more about Jesus is by reading **God's Word** daily. Commit to reading for at least 5 minutes per day to start. Here is a bible reading guide to help you take your next steps in that area: <https://experienceheritage.org/next-steps/read-the-bible>
- Read the **daily devotionals** each day found at [www.experienceheritage.org/blog](http://www.experienceheritage.org/blog). You can sign up to have them delivered daily to your email inbox by clicking here: <http://experienceheritage.org/Devotionals>.
- During your daily quiet time with God, read this **memory verse** and think about its meaning:

*And Jesus grew in wisdom and stature, and in favor with God and man. **Luke 2:52 (NIV)***

- **Watch the messages** online at [www.experienceheritage.org/messages](http://www.experienceheritage.org/messages).

## **PRAYER GUIDANCE**

Have everyone pray in smaller groups for discipline in obeying Christ concerning our physical health.