

# Sermon Discussion Guide

October 17, 2021

*Being a Body*

Psalm 139:1-18

## Responses & Reactions

- Did anything in this week's message make you uncomfortable? If so, what and why?

## Digging Deeper

- Respond to the idea that humans are not spirits with bodies (or bodies with spirits) but "body-and-spirit" beings. Is this a new thought for you? What difference does it make?
- Does the idea of being seen as you truly are excite you or scare you or both? Why?

## Bringing it Home

- *Read 2 Corinthians 4:7-12.* What kind of word or message might God speak to the world through your body as it is--in its strength or weakness, in its beauty or suffering?
- What does it look like for you to inhabit this body fully so that God can be seen, known, and glorified in it?
- Close by spending time in prayer for the needs of each other's bodies. We recommend following the ancient Christian tradition of gently (and with permission) laying hands on each other's arms or back as you pray. Touch itself has often been used as one of the channels of God's healing power.