

## **Looking after your body**

### **1 Corinthians 6:9-20**

1. How much should Christians care about their bodies?
2. Read 1 Corinthians 6:9-10. Why is sin so dangerous? What exactly will we miss out on if we don't inherit the kingdom of God?
3. Read verse 11. What has God done in response to human sin? What tense (past, present, future) does Paul use here? What is the significance of his use of this tense?
4. Read verses 12-13. How are these verses structured? Why might the Corinthians have felt the freedom to ask these questions?
5. In Paul's answers to these questions, what do we learn about the nature of grace and Christian freedom?
6. What particular use of the Body does Paul focus our attention on in the second half of verse 13?
7. According to verses 13-14, what are our bodies for, and how do we know God values them?
8. What special connection does each Christian have, according to the first half of verse 15? On a scale of 1-10, how mindful are you of this connection as you live your life?
9. Read from the second half of verse 15 through to the end of 17. What do we learn about sex in these verses? Why is sexual immorality so problematic? Is it just prostitution that Christians ought to avoid? Why?

10. What command is issued in verse 18? Do you flee, dawdle from, or even run towards sexual immorality? Identify some practical differences between fleeing from sexual immorality and strolling away from it.

11. According to verse 18, why must we be especially careful to guard against sexual sin? Given how Paul has already spoken about sexual immorality, how might it be damaging to your body in a way that's different to a sin like drunkenness?

12. Read verses 19-20. What further reasons are given to flee sexual immorality here?

13. Who owns our bodies? Name some ways this fact challenges popular thinking.

14. Spend some time confessing sins that are mentioned in this passage. Lean on God's grace once more and thank him that you are justified (declared righteous) and thank him for his sanctifying work (making you righteous). Pray for his help in fleeing sexual immorality.

#### Questions for the whole family (focusing on 1 Corinthians 6:19)

1. Describe the room that you sleep in. What evidence is there that the room is yours?

2. Read 1 Corinthians 6:19. In what way is our body like a room or home? [background: in the OT the temple the place where God lived when among his people]

3. How might the Holy Spirit leave evidence that he lives in us? [Hint – look at Galatians 5:22 for ideas]. Are you allowing the Holy Spirit to leave his mark in your life?