WARM-UP QUESTION

If you had to pick one habit or practice that helps you stay disciplined in your everyday life, what would it be and why?

DISCUSS

Start your discussion by sharing what stood out to you from Sunday's message. Were there any new insights or key takeaways for you?

Read 1 Corinthians 6:12-14

- What is God's role in these verses? What do you learn about Him through Paul's words?
- Paul says, "I have the right to do anything"—but not everything is beneficial. What are some examples in your life where something may be permissible, but not beneficial for your spiritual walk? How do you decide when to exercise self-control in these situations?
- Paul highlights that our bodies are meant for the Lord, not for immorality. How does this shift your perspective on how you view or treat your body? What changes might God be calling you to make in how you think about or care for your body?
- Read verse 14 again. What do you feel when you read these verses? Where do you see hope in them? Do you live as if the same power that raised Jesus from the dead lives in you? What would change about your life if you did?

Read 1 Corinthians 6:15-20

- Paraphrase this section in your own words. What is Paul saying?
- Are there any words or phrases that stand out to you in this passage? Why do they stand out?
- What does it mean to honor God with your body in all areas of your life? How can we
 practically live out this teaching in a culture that often promotes the opposite message?
- Reflect on the idea of being "one in spirit" with the Lord. How does this deepen your understanding of your relationship with Christ and your body's purpose?
- We are told we were "bought at a price" and, therefore, should honor God with our bodies.
 How does the truth of Jesus' death and resurrection—that we are washed clean—bring you hope in areas where you may feel guilt or shame over past sins?

Read Romans 6:12-14

 How does Romans 6:12-14 reinforce the message of self-control and overcoming sin in 1 Corinthians 6:12-20?



- Have you given yourself completely to God? What areas of your life might you still need to turn over to Him? What accountability can your Group provide?
- How does the reality of being under grace, not law, affect your approach to temptation and sin? How can grace empower you to live a life of purity and self-control?

RESPOND

- What's one area of your life where God is calling you to greater self-control? Who can help hold you accountable?
- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.