

SMALL THINGS **BIG** DIFFERENCE

Small Things, BIG Difference
“Honor God With Your Body”
January 9, 2022 // Pastor Tyler Scott

INTRODUCTION

Too often, we make huge plans and major resolutions, and we get burned out when we can't keep them. But there ARE some small things that really add up, and have transforming benefits for your life.

DISCUSSION QUESTIONS

1. The BIG IDEA for this entire series is, “Small deposits of time, over time, help you redeem the time.” What is one example of how you’ve experienced this principle in your own life? (ie. exercise, diet, friendship, marriage, parenting, etc.)
1. **Read 1 Corinthians 6:19-20 and Colossians 1:16.** These verses teach a big idea for this week: Our physical bodies are made BY God, FOR God, to HONOR God. Therefore, your simple action step is to “Honor God with your body.” What are some things that make it a struggle—or simply not a priority—to honor God with our bodies?
2. **Read 1 Corinthians 9:25-27.** In this message, Tyler shared 4 practical ways you can honor God with your body. #1 was “**Exercise regularly.**”
 - a. Have you ever considered exercise as an act of worship? Why or why not?
 - b. What are some reasons we should consider exercise an important way to honor God with our body?
 - c. Why is exercise integral to God working through you like He wants to?
 - d. Is there anything that needs to shift in your thinking, in order to exercise regularly?
3. **Read 1 Corinthians 6:18.** The second way to honor God with our bodies is “**Flee sexual immorality.**” Why do you think is this so important?
 - a. What do you think Paul means when he says sexual sin is different than “all other sins.” (*Hint: it’s not any worse to God.)
 - b. What are a few tangible ways we can “flee” or “run from” sexual sin?
4. **Read Ephesians 5:18.** A third way to honor God with your body is “**Drink alcohol less frequently.**”
 - a. Tyler shared research that showed alcohol consumption has increased during the pandemic. Is that true for you? For your social circles?
 - b. WHY do you think people are drinking more?
 - c. The word for “drunk” in that Eph. 5:18 means “under the influence.” What are some ways we can make sure the Holy Spirit is the controlling influence of our lives?
 - d. Are there any personal/practical steps you need to take re: alcohol?

5. **Read Exodus 20:8-9.** Another way we can honor God with our bodies is to “**Rest regularly.**” Why is resting so honoring to God?
 - a. What theological truths can we learn/apply from reminding ourselves that we need rest to function well, yet God never sleeps nor slumbers?
 - b. When you have a regular “sabbath” or day of rest, what are some things that restore and refresh you?
6. Which one of the 4 ways to honor God with your body is most applicable to you right now? How so? What is your next step?

COMMIT TO MEMORY

You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:20

PRAYER

Pray for each other—that you would have the faith and courage to apply the lessons that God taught you through His Word. Pray that God would give you strength to do these “small things” in your life, and that He would bring about BIG differences as a result.