

SPIRITUAL PRACTICES: Honoring Our Bodies

As preached on Sunday, June 30th

Read: Genesis 1:27, 1 Corinthians 6:19

1. How do you feel about your physical body? Take a moment to write an honest assessment of how you feel? How does that assessment impact your relationship with God?
2. Author and priest Barbara Brown Taylor says, “My body is my soul’s address.” What do you think of that statement?
3. How does Jesus’ incarnation relate to our own embodied faith and spiritual practice of honoring our bodies?
4. What is the significance of Genesis 1:27 and 1 Corinthians 6:19? If we really believe what each of these verses is telling us, how would it change our view of our bodies?
5. What are the two excesses we need to avoid in order to find a healthy balance with regard to honoring our bodies?
6. As you consider the five aspects of physical self-care we discussed on Sunday, what changes might you consider in order to more faithfully honor your body?
7. Spend some time this week practicing a Body Scan. As you listen to your body, what is it communicating to you? Which parts of your body are you particularly thankful for?