

**January 10th, Facing Your Stuff**  
**Part 2 in the series ‘Feeling Good’**

What were some things from last Sunday’s message that resonated with you?

Was there anything you wrestled with?

**READ 1 Corinthians 6:19-20**

**19** Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honor God with your bodies.

Do you often think of your body as a temple of the Holy Spirit?

Ponder these verses for a moment. How does knowing that your body is a temple of the Holy Spirit make you feel?

Does thinking about your body as a temple of the Holy Spirit make you want to treat your body differently?

How did your body become a temple of the Holy Spirit?

By *faith*— saved by grace through faith. You did not earn this status but it is who you are.

**READ 1 Peter 1:3-9**

**3** Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, **4** and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, **5** who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time. **6** In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. **7** These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. **8** Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, **9** for you are receiving the end result of your faith, the salvation of your souls.

Why, according to Peter, did the readers of this letter “suffer grief in all kinds of trials.”?

What is the ‘end result’ of our faith?

How can remembering the truths in this passage help us feel good when we face difficulties?

Remember the Hebrew people’s deliverance from slavery in Egypt. After they were delivered out of slavery in Egypt they embarked on a journey to the Promised Land. However, along this journey there were battles to be fought, and God told them this:

**READ Deuteronomy 20:1, 3b-4**

When you go to war against your enemies and see horses and chariots and an army greater than yours, do not be afraid of them, because the Lord your God, who brought you up out of Egypt, will be with you.

Do not be fainthearted or afraid; do not panic or be terrified by them. **4** For the Lord your God is the one who goes with you to fight for you against your enemies to give you victory.”

Why do they not need to be afraid?

What have they already witnessed that should help them put their trust in God?

10 of the 12 spies that were sent to the Promised Land, to check it out and report back, did not think they should try and claim it. They said “We can’t attack those people; they are stronger than we are.” And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size.” (Numbers 13:31-32).

How does this account stray from God’s promise described in Deuteronomy 20:1, 3b-4?

The Israelites chose not to face their adversaries and consequently, they wandered around the desert for 40 years.

The title of last Sunday’s message is “Facing Your Stuff”. Our “stuff” might include: Our habits, our attitudes, our unhealthy or even destructive choices, our body, mind and spirit choices, our moral choices, our chronic tendency to self medicate, our character issues, our relational issues.... Issues that when not dealt with leave us feeling depressed, anxious, overwhelmed, disappointed with people, and with life, with God, leave us irritable, defeated.

Does the story of the Israelites being rescued from Egypt but then wandering around in the wilderness ‘hit home’ in any way?

What role does God play, when we “face our stuff”?

As Christians, we are saved by grace through faith. How does knowing that truth help you approach the stuff you may need to face?

You don’t need to share anything specific, but does knowing that God is with you and that he loves you and that he is abounding in mercy and grace for you simply because you have put your faith in Jesus, help you bring the stuff you need to face to Him?

How can facing our stuff help us feel good? How might it strengthen our trust in God?