

**November 6th, Physical Formation**  
**Part 8 in the series 'Human'**

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

Was there anything you wrestled with?

Christine said you can not focus on one area of living and be successful. How would you define successfully being a whole human being?

We all have physical, spiritual, emotional, relational, missional, and mental dimensions. What creates an imbalance between these dimensions, and what could be the result of having an imbalance?

Do you think there is a connection between our physical bodies and our spiritual life? If so, what is that connection?

Christine shared that she experienced God during her walks. Have you experienced God through physical activity?

Can you think of a time that you did something scary or unknown and were pleasantly surprised by the outcome?

What are some examples of difficult things that are easier to accomplish in community with other people?

**Read 1 Corinthians 3:16-17**

“Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.”

**Read Romans 12:1**

“Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

We can give God many things - our praise, our time, our money, etc. What does it mean to give your body to God? Do you think that is more difficult than other things we can give to God?

How can you give your body to God?

What do you think God desires for our bodies? Are there limits?

When is the last time you said “yes” to something outside your comfort zone?