

WEEK 6: DOES GOD CARE WHAT I DO WITH MY BODY? FITNESS, TATTOOS, PLASTIC SURGERY—ALL THE THINGS GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

Gym memberships, tattoos, plastic surgery. Our Southern California culture is obsessed with body image, with looking young, and with longevity of life. How should we view our bodies? What should we do with them? What wisdom does the Scripture offer us? We will explore how God sees our bodies and what it means to honor God with them.

LEAN IN BREAK THE ICE

When it comes to being physically active and trying to stay fit, what do you like to do? Play basketball? Surf? Pilates? Run? Let's share how we like to get moving and why.

LOOK DOWN LOOK AT GOD'S WORD

Read 1 Corinthians 6:19-20. Paul calls our bodies temples of the Holy Spirit. What do you think Paul is trying to communicate about the value, purpose, and spiritual significance of our physical selves?

Romans 12:1 calls believers to offer their bodies as a living sacrifice. What does that phrase stir in you, and how does it expand your understanding of what it means to worship God with your whole being?

Read Psalm 139:13-16. How does this passage shape the way you think about the intentionality and care with which God created your body, and what stands out to you about His involvement in your design?

Bringing these three passages together, what picture of the human body emerges, and what does that teach us about how God sees our physical selves?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF GOD'S
WORD IN THE WORLD**

Why is body image—not just good health—such a central part of life for many? What is the root of this common desire to look as good as possible?

In what ways should the Christian faith speak into the way we see our bodies?

**LOOK IN
APPLY GOD'S WORD
TO YOUR LIFE**

Do you think you're more prone to not care enough about taking care of your body, or are you more prone to caring too much? What experiences or pressures have shaped that tendency?

How do we, as Christians, care for our bodies in a way that reflects our role as stewards of God's good gifts, without verging into vanity?

How do we glorify God with our bodies as Paul calls us to do in 1 Corinthians 6:20?

Leader Notes

This section helps you grasp the key themes and intended outcomes of the discussion before you lead your group. These notes are not the group questions; they simply guide your preparation so you can lead with clarity and shepherd the conversation well. You may also find them helpful at the end of your discussion to wrap up your time together.

Think About It

Take time this week to reflect on God's power and love who created you with intention and care and who invites you to honor Him through your whole self. How might remembering that you are fearfully and wonderfully made reshape the way you view your body, speak to yourself, and engage in habits of health or rest?

What Will You Do?

What is one specific way you sense God inviting you to honor Him with your body this week, whether through healthier rhythms, remembering your identity in Christ, or allowing the gospel to reshape how you view your physical life?

Changing Your Mind

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. (Romans 12:1)