

SMALL GROUP DISCUSSION GUIDE

Not in a small group? Contact us at smallgroups@myriversidechurch.com

Ice Breaker: What was your favorite part of Thanksgiving this year?

Group Discussion: *(Note: If your group is only meeting bi-weekly, use questions 2 & 4 for this week. If time allows, go back to the remaining questions.)*

1. Since we are created in God's image, Pastor Tom explained that this gives importance and dignity to our physical bodies. Review Genesis 1 & 2. How is this dignity and importance shown in our culture today in a positive way? How is it denied? Do you see your body as an important and dignified creation? How might you grow in your understanding of this reality this week?
2. Read Genesis 25:19-34. What surprises you in this story? Have you ever been so hungry you've done something you later regretted? Why do you think food is such an easy thing to abuse or misuse? How does self-control help us maintain dignity with our physical body?
3. Read 2 Corinthians 5. How does saying "YES" to Christ bring on a new dimension to our beings (spiritual and physically)? How have you experienced this?
4. Read and discuss 1 Corinthians 6:19-20 and John 14:15-17. Pastor Tom said, "The Holy Spirit resides in my 'temple' 24 hours a day, 7 days a week, so my body is to be a place where God is honored, loved and praised. Our body is not a motel with a 1:00pm check-out time each Sunday when church is over." How do these thoughts strike you? How does knowing God's Spirit resides in you affect you on a daily basis? How might you engage with the Holy Spirit in a more consistent way this week?

Just for You

Read about Jesus' temptation in Matthew 4:1 11, Luke 4:1 11 and Mark 1:12 13. How can you use scripture to overcome temptation?

Read Hebrews 4:14 16. How might it help you overcome temptation when you realize Jesus was tempted in every way?

Read 2 Corinthians 5 & 6 and 1 Corinthians 15. How does being a new creation in Christ and looking ahead at receiving a resurrected body influence how you live today?

MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE

"TEMPLE TRUTH"
NOVEMBER 30, 2014



"Temple Truth"

November 30, 2014

By Senior Pastor, Tom Lundeen

(You can sign up for Pastor Tom's e-newsletter for his thoughts on various subjects at pastortom@myriversidechurch.com)

MESSAGE NOTES

When it comes to our bodies, we either tend to _____ into unhealthiness because of obesity...or we p_____ into unhealthiness by pursuing an unrealistic image of thinness...

In either direction, our bodies/appearance become the focus and center of our lives, and that creates _____ that can take us to some hard and even pretty dark and hopeless places.

A popular expression today is that our bodies are a _____.

1. Christianity Emphasizes the Importance and _____ of the Physical Body

- God Himself created human beings...*(note Genesis 1-2)*
- S_____ and cleanliness *(note Leviticus 13:6; 11:32, 39; Numbers 19:11; 31:32)*
- Q_____ /isolation *(note Numbers 5:4; Leviticus 13:13)*
- Many food laws
- Warnings about overeating/_____ *(note Proverbs 23:2, 20-21a)*
- First temptation was about pride...but the instrument Satan used was _____ *(note Genesis 3:1, 6)*
- Esau gave us his birthright...because he allowed his hunger pains to overcome his j_____ *(note Genesis 25:29-31, 33-34)*
- The people of Israel complained to God about their daily _____ *(note Psalm 78:18; 106:14)*
- God used hunger and food to teach His people what is really important *(note Deuteronomy 8:3)*
- Jesus was born and became the incarnate God-man...and experienced the realities of _____ life *(note Matthew 4:1-4)*
- He experienced stress, temptation, and physical _____ *(note Hebrews 4:15)*

- He died on the cross
- 3 days later He was _____ resurrected *(note Luke 24:37-39)*
- Fully-devoted followers of Jesus will have their physical bodies t_____ *(note Philippians 3:21)*

Not only are our bodies gifts from a holy God, but when we say "Yes" to Jesus as Lord, an entirely new d_____ is added to our beings *(note 1 Corinthians 6:13b, 15, 19a)*

2. Our Bodies are _____ *(note 1 Corinthians 6:19-20)*

Note John 14:17

The Holy Spirit resides in my "temple" 24 hours a day, 7 days a week, so my body is to be a place where God is honored, _____, and praised.

Our body is not a motel with a 1:00 pm check-out time each Sunday when _____ is over.

We can become satisfied with our "selfie":

- Our bodies are a place of worship, but not an _____ of worship.
- Our bodies are not just a temple, but they are God's temple.
- God bought you and His r_____ is His cross.
- When we begin to see our body as a temple where God Himself resides, it will change our entire perspective.

Tell someone about the next step you took today in your spiritual journey. You can use the connect card to let us know about your commitment, too!



RIVERSIDE NOTES
Sermon: "Temple Truth"
Series: *Selfie Satisfaction*
November 30, 2014

When it comes to our bodies, we either tend to drift into unhealthiness because of obesity...or we plunge into unhealthiness by pursuing an unrealistic image of thinness...

In either direction, our bodies/appearance become the focus and center of our lives, and that creates pathways that can take us to some hard and even pretty dark and hopeless places.

A popular expression today is that our bodies are a temple.

1. Christianity Emphasizes the Importance and Dignity of the Physical Body

- God Himself created human beings... (note Genesis 1-2)
- Sanitation and cleanliness (note Leviticus 13:6; 11:32, 39; Numbers 19:11; 31:32)
- Quarantine/isolation (note Numbers 5:4; Leviticus 13-13)
- Many food laws
- Warnings about overeating/gluttony (note Proverbs 23:2, 20-21a)
- First temptation was about pride...but instrument Satan used was food (note Genesis 3:1,6)
- Esau gave up his birthright...because he allowed his hunger pains to overcome his judgment (note Genesis 25:29-31, 33-34)
- The people of Israel complained to God about their daily menu (note Psalm 78:18; 106:14)
- God used hunger and food to teach His people what is really important (note Deuteronomy 8:3)
- Jesus was born and became the incarnate God-man...and experienced the realities of physical life (note Matthew 4:1-4)
- He experienced stress, temptation, and physical pain (note Hebrews 4:15)
- He died on the cross
- 3 days later He was bodily resurrected (note Luke 24:37-39)
- Fully-devoted followers of Jesus will have their physical bodies transformed (note Philippians 3:21)

Not only are our bodies gifts from a holy God, but when we say "Yes" to Jesus as Lord, an entirely new dimension is added to our beings (note 1 Corinthians 6:13b, 15, 19a).

2. Our Bodies are Temples (note 1 Corinthians 6:19-20)

Note John 14:17

The Holy Spirit resides in my "temple" 24 hours a day, 7 days a week, so my body is to be a place where God is honored, Loved, and praised.

Our body is not a motel with a 1:00pm. check-out time each Sunday when church is over.

We can become satisfied with our "selfie":

- Our bodies are a place of worship, but not an object of worship.
- Our bodies are not just a temple, but they are God's temple.
- God bought you and His receipt is His cross.
- When we begin to see our body as a temple where God Himself resides, it will change our entire perspective.

Tell someone about the next step you took today in your spiritual journey. You can use the connect card to let us know about your commitment, too!