



## God Gets The Best Care Of His Creation

### MAIN THING

The Body is the Temple, But We've Treated It Like A Storage Closet

### SCRIPTURE

Genesis 1:26-27, 1 Corinthians 6:19-20, Romans 1:20, Psalm 139:13-14, 1 Corinthians 12:14, 18-20, Romans 12:4-5, Proverbs 25:28, Genesis 2:2, Proverbs 12:26, Romans 5:6-8

### ICEBREAKER

The one food I was forced to eat as a kid that I will never eat as an adult is . . . .

### OPENING THOUGHT

In the creation story in Genesis, God moves from very simple to very complex. Each day or stage is increasingly complex- moving from water and land one day, to plants and vegetation, then life in the sea, then land animals, and finally, humans. The human being is the only one of God's creations that is specifically made in His image. One of the messages that has been lost in the church today is that we have a responsibility to care for what God has created- mainly ourselves. Specifically we as Americans are an unhealthy group of people who, by and large, do not take good care of ourselves.

### DISCUSSION QUESTIONS

1. If a friend were to ask you, 'What was one thing your pastor said in his sermon on Sunday?' what would you say?
2. When the Bible says, "God made humanity in His own image," what does that mean? Does that mean that God has two arms and two legs and walks upright? Or does it mean something else?
3. What was one of the "design" things that you liked the most?
4. There were four suggestions at the end of the message: 1) Food is fuel, not a drug, 2) Sleep Isn't Just For Infants, 3) Connection Isn't Just For Mobile Devices, and 4) You are Infinitely Valuable- Treat Yourself Like It. Which of these four applies to you the most? Which of these are you already doing?

### LIFE APPLICATION

There are two wrong ways to look at the gift of life, more specifically, our bodies. One is to spiritualize away the body God gave us (I'm dying and going to heaven anyway, so why take care of my body now?) and the second is to make your body an idol and obsess over every pound and every sickness and every threat that comes your way.

Both are wrong- both are out of balance. Neither of them is honoring to God. We honor God by caring for, not obsessing over and not dismissing, this amazing gift of life He has given us. We are to be good stewards of what He has given us. Once your health is gone, it's gone forever. What's one thing you will start doing this week that you will continue to do to better care for God's creation- you?

### CHALLENGE

Dave showed in the video what happens when you ignore "the dashboard" and disregard the flashing lights saying that something is wrong. This week, identify some "flashing lights" that you've been putting off in the care of your health. Maybe it's a spot on your skin you need to get checked out. Maybe it's shortness of breath or chest pains. Maybe it's the weight gain or the blood pressure that you've been trying to hide. Don't be like Dave's car and be forced to stop. Take care of it now while it's not as big a problem- this is honoring to God and good stewardship of the greatest gift God has given us (other than Jesus)- life.