**Table Talk**

**Sermon Series: Reboot Your Life Physically**

**January 17, 2021**

**Introduction (8 min)**

Table Talk Groups (45 minute study) begin by watching the video and sharing the story below, then open up the discussion with the questions provided.

Southside Home (35 minute study) can skip to “Starting the Discussion” as a follow up to the worship experience.

**Table Talk Video: Reboot Your Life Physically**

For many years I felt the challenge by God to engage more seriously in fasting. I had been a part of several short fasts, lasting a day or two, or even just fasting a meal at a time here and there. I had been part of a few longer fasts of just giving up one thing, like my beloved sweet tea, for a few weeks at a time.

But I felt the call of God to go deeper in this spiritual discipline. I didn’t like it. I spent years wishing God wouldn’t keep prodding me in this area because I didn’t feel like I had the discipline and desire to make fasting an enjoyable experience. I also knew it was supposed to be good for me spiritually, but spiritual growth can be hard to measure and I wasn’t sure if the time spent would be worth the outcome.

I came up with even more excuses. I knew God wanted me to draw closer so couldn’t I just spend more time in prayer and Bible reading? I didn’t really need to fast did I?

What I struggled with many others do as well. I struggled to see how powerful and how deep the ties are between our physical bodies and spiritual health. Now that I have participated in several more serious fasts, I have realized things about my spiritual life that were deeply unhealthy. I have also realized that if God gave me the strength to not eat anything for a week, he can certainly give me the strength to overcome those spiritual deficiencies as well.

Your physical body’s wants, desires, weaknesses, and strengths are all inextricably tied to your spiritual wellbeing. It’s why when Jesus ministered he then went away to rest. It’s why the angel fed Elijah’s body before giving instruction for his spiritual condition. It’s why the believers fasted and prayed for God’s direction and vision for ministry before leaving on a missionary journey. It’s why there will be a resurrection of our bodies instead of just our souls going to heaven.

We were made as physical, spiritual, and emotional beings who are resourced to accomplish God’s mission in this world. Be open to God’s work in every part of your life and you’ll live a much more fulfilling, balanced, and fruitful life as a follower of Jesus!

- Pastor Reggie Phillips

**Prayer (2 minutes)**

Dear God, you have blessed each of us with a body by which we enjoy and experience this world. Thank you for our five senses by which we take in the world. Thank you for our smiles and laughter by which we share that joy with others. Help us to take in your truth today, to experience the love of Jesus, and use these bodies you have given us to interact in loving ways with those in our group. We ask in Jesus’ name, amen.

**Starting the Discussion (3 minutes)**

1. Do you feel physically healthy enough to engage in God’s mission of sharing the good news of Jesus with the world?

**Unfolding the Biblical Story (24 minutes)**

**Read 1 Corinthians 6:19**

1. Sometimes we are tempted to separate our physical from our spiritual life in how we think about our bodies. What does this verse have to say about that division?
2. If your body is the temple of the Holy Spirit, how should you care for your body? What might you want to consider doing differently?

**Read Psalm 139:13-14**

1. Many people, even long time believers, struggle with their body image. What does this verse say about your body?
2. Have you allowed lies about, or perceived deficiencies in, your physical appearance to keep you from pursuing spiritual opportunities for growth?
3. This verse shows intentionality on God’s part in how we are created. What physical gifts were you given that have been an asset to you in fulfilling God’s plan for your life or in finding your place of service in God’s Kingdom?

**Invite someone to read Luke 11:34**

1. What things do you regularly focus on that shape your attitude towards yourself and those around you?
2. Knowing your body is the Temple of the Holy Spirit, should you be focusing on other things to help your temple to be a clean and healthy place for the Spirit to reside?

**Read 1 Thessalonians 5:23-24**

1. In the Church, we often talk about sanctification or being made Holy like God in terms of our attitude or character. How might our physical bodies participate in this process? How might they be holy, set apart for God for His special purpose?
2. A few years ago, a study was published showing that people who had a community of faith praying for them recovered faster from significant physical trauma like injury or surgery. A similar study showed that those with a positive attitude recovered more quickly from illness. Our spiritual, emotional, and physical health are all related. What three steps would you like to take to reboot physically in order to improve your emotional and spiritual health? Make a list and talk it over with your group.

**Prayer (2 minutes)**

Father God, truly we are fearfully and wonderfully made. Thank you for the gift of our bodies. Thank you that you care for us and care about our health. Thank you that you have gifted us with a community like Southside Church to help encourage us in our growth toward holiness through our emotional, physical, and spiritual health. Help us today to take the steps you desire for us to grow into the people you created us to be. We ask in Jesus’ name, amen.

**Wrapping Up (2 minutes)**

See if anyone has lingering questions or insights to share from your time of study and prayer. Summarize the group discussion as a reminder of what you learned together.

**Scripture Challenge (4 minutes)**

This week try to memorizing Psalm 139:14. Use any of the following tools to help you: write it out, repeat it a few times as a group, set it to music, or draw an image that incorporates the words.

**Bonus Challenge**

As mentioned in this sermon series, you can go to the You Version Bible App and download the Bible Project New Testament in a Year reading plan. This is a great way to download God’s word into your heart and mind and be refreshed spiritually. Click the link below to find the reading plan:

<https://www.bible.com/reading-plans/13233-new-testament-in-one-year-with-the-bible-project>