

## 2 • Blessed By God With a Body

**“What does it mean to be a human being?”** Ask a hundred people and you’d get a wide variety of answers.

In this 4-part series, we’re consulting the Creator. What answers has *he*

provided? What do those answers tell us about ourselves? Each other? Where we came from? Why we’re here? Where we’re going?

The second answer to our questions can be found in **Psalm 139: You have been blessed by God with a \_\_\_\_\_.**

- The psalm begins by teaching us that our Creator \_\_\_\_\_ everything (139:1-6)
- It moves on to emphasize that our Creator is \_\_\_\_\_ (139:7-12)
- Next, notice especially how David describes his body, where it came from, and who gave it to him:

For you \_\_\_\_\_ my inward parts;  
you \_\_\_\_\_ me together in my mother’s womb.

I praise you, for I am fearfully and wonderfully \_\_\_\_\_.

Wonderful are your works;  
my soul knows it very well.

My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.

Your eyes saw my unformed substance;  
in your book were written, every one of them,  
the days that were formed for me,  
when as yet there was none of them. (139:13-16)



Your body isn’t an accident. Your body isn’t the product of meaningless evolution. Your body means something to your Creator. He formed it. He knows what is going on around and within it. He’s blessed you with a body because he cares about you.

Now, it’s important to realize: you are *more* than a body. In **2 Corinthians 4:16**, the apostle Paul describes an “**outer self**” and an “\_\_\_\_\_ self.” There are more important things about you than your “**outward appearance**” (1 Sam 16:7). But your body is a gift from God, and the best way to express your appreciation to God for that gift is to “**present**” your body “**as a living \_\_\_\_\_, holy and acceptable to God**” (Rom 12:1).

What’s that going to look like? Why does it matter? **Let’s talk about it...**



## For Class & Family Discussion:

- ▶ Let's think back to what was emphasized for us in **Psalm 139**. If my Creator knows everything... what difference does that make? If my Creator is everywhere... how should that shape what I do with my body?
- ▶ What should we take away from **Psalm 139:13-16**? What are the implications? How do we sometimes find it easy to take our bodies for granted, failing to appreciate what an amazing blessing they are? If my body is a blessing from God...
- ▶ Why would Paul describe our "outer self" as "wasting away" in **2 Corinthians 4:16**? Why is this happening? What can we do about it?
- ▶ We heard that there are more important things about you than your "outward appearance" (**1 Sam 16:7**). Things like... what?
- ▶ What is the "inner self" that he's describing in that same verse? What is the good news that he develops in his comparison of the "outer self" and the "inner self" throughout **2 Corinthians 4:16-5:10**?
- ▶ What does **1 Corinthians 6:19-20** add to this discussion that must be respected and applied if I'm going to share in this good news?
- ▶ Practically speaking, what's it going to look like to "glorify God in" my body (**1 Cor 6:20**) or "present" my body "as a living sacrifice" (**Rom 12:1**)?

## For NEXT Wednesday:

- ▶ "What does it mean to be a human being?" Next Wednesday we'll add: **You are completely dependent on God**. What does that mean? Can you find any Bible passages that teach that truth? If I'm completely dependent on God...