

## **Discipleship 103**

### *STEWARDSHIP & financial freedom*

#### **Lesson Five: Stewardship of Our Bodies**

In this lesson you will learn that stewardship of our bodies is a mandate given to us by Christ. In Galatians 5:16-25, the apostle Paul writes to the church in Galatia to educate them about being good stewards of their bodies and living by the Spirit.

#### The Spirit and the Body

1. Read 1 Peter 4:1-2 and Hebrews 10:1-10
  - a. How did Jesus regard His body (1 Peter 4:1-2)?
  
  
  - b. What does Christ's sacrifice mean to us (Hebrews 10:10)?
  
2. After reading Romans 8:8-10 and Romans 12:1, describe how Christians should regard their bodies?
  
  
3. Express your thoughts as to what 1 Corinthians 6:19-20 says to us about being a good steward of our bodies.

#### Individual Parts of the Body

##### 1. The Tongue:

(A) Why is it so important to be a good steward of the tongue (James 3:2-6; James 1:26)?

(B) What should you know concerning its use (Matthew 12:36)?

**(C) How should you use your tongue properly (Ephesians 4:29)?**

**2. The Heart**

**(A) What must we understand about the heart (Jeremiah 17:9)?**

**(B) How can we counteract our natural tendencies (Psalm 139:23-24)?**

**(C) Psalm 51:17 describes the condition of the heart that God requires; what does it mean to have a “contrite” heart?**

**3. The Mind**

**(A) What is your responsibility in being a steward of your mind (1 Peter 1:13)?**

**(B) Whose mind should you have and which qualities should you strive for (Philippians 2:5-8)?**

**(C) What is the result of keeping your mind focused on God (Isaiah 26:3)?**

**4. The Hands**

**(A) What does God think about the work of your hands (Proverbs 12:14, 24)?**

**(B) How did the apostles feel about the importance of what their hands had done (Acts 20:34-35)?**

**(C) How can we use our hands to glorify God (Ephesians 4:28)?**

**5. The Feet**

**(A) Contrast the feet of those who do evil (Isaiah 59:7), with those who do good (Isaiah 52:7, Ephesians 6:15), and relate the “good” to evangelism.**

**6. The Eyes**

**(A) What is the importance of the eyes (Matthew 6:22-23)?**

**(B) What sins can we commit with our eyes (Proverbs 21:4; Matthew 5:28)?**

**(C) What privilege did the apostles have (1 John 1:1-3)?**

**7. The Ears**

**(A) In what ways can we misuse hearing (Proverbs 21:13; 2 Timothy 4:3-4)?**

**(B) What can listening to God give us (Romans 10:17, John 5:24)?**

**(C) How can you apply James 1:19, 22 to your daily life?**

**8. Sexual Expression**

**(A) Read 1 Corinthians 6:9-10, 13, 15, 18 and discuss the body and sexual sin.**

**(B) God considered David a man after His own heart, yet what great sins did David commit (2 Samuel 11:2-5, 14-17, 26-27)?**

**(C) What is God's stern judgment against misusers and abusers of sex (1 Corinthians 6:9-10)?**

**(D) How serious is sexual lust, according to Christ (Matthew 5:28)?**

**(E) The following verses can help you to overcome sexual lust: Philippians 4:8, Psalm 119:9, 11, and 1 Corinthians 10:13.**

<b>Life Application</b>
<p><b>1. How does stewardship of each individual part of the body affect the body as a whole?</b></p> <p><b>2. How does it affect each part of the body?</b></p> <p><b>3. How would you relate 1 Thessalonians 5:23 to this lesson?</b></p>



