



## Week 5 | Rise | April 2

### Key Focus: How do you control your body?

#### Opening Up:

Finish these statements and explain:

- I am most likely to procrastinate tasks like...
- The most fulfilling task in my life is...
- I would describe my life standards as...
- In comparing my standards for myself and for others, I would say...
- The primary source of my standards at work come from...
- My life standards should be loosened in this area of my life...
- My life standards should be tightened up in this area of my life...

#### Reference: 1 Thessalonians 4:1-8

#### Discuss:

1. We have been made to image. (Genesis 1:27) What, other than Jesus, have you imaged in your life for meaning or worth?
2. How does simply recognizing that "imaging" is our human nature, help you to better understand yourself?
3. When we are imaging God we are displaying his character (or holiness) and pleasing God. All Christian obedience is what we do to make God smile. How does this help you to better understand Christian living?
4. Have you ever struggled with idea of pleasing God? Explain.
5. We are taught in this passages in versus 4 and 5 that we ought to know how to control our bodies in holiness and honor. Why is it hard to control your body sometimes?
6. Satan attacked God's holiness and honorability to tempt Adam and Eve to rebel against God. (Genesis 3; 1 Thessalonians 4:4) How does Satan still do that in our lives today?
7. In Ephesian 4:17-20 we see how satan works. Have you witnessed this progression in your life?
  1. Question Truth (4:17) "Is there really a truth?"
  2. Make Truth Foggy (4:18) "Truth is unknowable."
  3. Harden the Heart to Truth (4:18) "Truth does not control me."
  4. Lose the Feeling of Shame (4:19) "I don't feel shame, because shame is based in truth."
  5. Give into Your Passions (4:19) "Do what feels good, there is no other truth."
8. In the passage we learn about how Paul instructs us to control our bodies. How has living in light of your bible reading helped you to be different and control your passions?
  1. Please God by following his instruction, and you will receive the Spirit of God to do so. (4:3, 6)
  2. Be different that way God wills and has called you. (4:3; 4:7)
  3. Abstain from the immediate gratification of cultural temptations because you will ultimately hurt others. (4:1-2, 8)
9. In this text the passions in focus were sexual perversion. This is where the church looked too much like the culture. In what way have Christians lost their distinction in American culture? In other words, how do American Christians image the culture more than God?
10. Pray.