

# (New) Normal

## I AM NOT MY OWN

### Big Idea

This week, Pastor Chris discussed how we can honor God with our bodies, even as we encounter some of the negative effects of the “new normal” of this season. We might face addiction or develop bad habits that we feel we can’t control. We might indulge ourselves to an extreme and allow our bodies to call the shots, which leads to debauchery. We might also be tempted to engage in sexual immorality, which is any sexual encounter outside of marriage, including pornography. While these temptations and struggles can feel inescapable at times, our God understands and wants us to recognize and confess our sin so that we can experience forgiveness and freedom.

It’s important for us to understand that our bodies are the temple of the Holy Spirit. When we believe God dwells within us, He will empower us to detox and strip away anything that might be controlling us. We also need to recognize that our bodies belong to God and that He made us for worship. Finally, we need to believe that our bodies were made to honor God. As we pursue His purpose for our lives and use our bodies to build His Kingdom, we will be able to keep them pure. Recognizing these truths will help us break free from the things that have bound us and become blameless in our spirits, souls, and bodies.

### Discussion Questions

- Which of the three bodily struggles discussed in this message (addiction, debauchery, or sexual immorality) has been most tempting to you in this “new normal”?
- What is one thing that you would benefit from detoxing this week? What kind of impact will this detox have on your relationship with God?
- In what way can you use your body to build God’s Kingdom this week?

### Prayer Focus

Lord, I confess that at times I have allowed my body to call the shots. Forgive me and help me to live a life that is blameless in Your sight. Holy Spirit, lead me and use my life to glorify You!

### Next Steps

Pastor Chris encouraged us to confess our sins both to God and to a trusted friend so that we can receive mercy and healing. Confess any sin you might have in your life to God, then open up to someone you trust this week and share your current struggles with them. Ask them to hold you accountable as you pursue freedom in Christ. (This person could be your Small Group leader!)

### Leader Tip

Before your group starts, take time to pray for your group members and your co-leader(s). Addiction, debauchery, and sexual immorality can be heavy subjects, but the freedom God offers us is worth the discomfort of confronting these struggles. Be sensitive but confident as you lead your group this week!

