

Community Group Leader Guide

For the Week Of 1.7.24

Sermon Series: Body, Mind, Soul.

Watch the Leader Video and find all your resources online at

<https://clifec.com/community-group-resources/>

Need to watch the sermon? Check out our YouTube channel:

<https://www.youtube.com/@CommunityLifeChurch>

Announcements:

Register for our CG series:

In a world filled with moral and spiritual confusion, this series acts as a wake-up call and a roadmap, offering much-needed clarity, conviction, and a pathway to change. It's about getting real with our spiritual states and seeking alignment with God's ways.

It will be a challenging series; you will benefit most from being in a community group. We have dream teamers in the lobby ready to help you register or find a group.

21 Days of Prayer and Fasting

January 8th, we will kick off our 21 days of prayer. Each morning at 6:00, we will gather on campus and online to pray. There are many important things you can resolve to do after the first of the year...but prayer is the only one that can help you succeed in all of them.

Icebreaker:

Let's hear it! Share those New Year's Resolutions. If you didn't make any, what are some things you'd like to see changed in 2024 in your personal life.

Quick Review:

We started out the new year with a brand new series entitled 'Body, Mind, Soul' where we are focusing on a theology of the aforementioned parts of our lives. In week 1, we focused on our physical bodies and the role that they play in honoring God.

Make It Personal:

1. What are your thoughts on the intertwining of physical health and spirituality in a church setting? Do you agree that discussing physical health within a spiritual context is valuable? Why or why not?

2. The sermon highlighted that what we do with our bodies matters spiritually because they serve as temples of the Holy Spirit. How does this perspective influence your daily decisions and behaviors? Can you share some practical ways in which this belief shapes your approach to physical health and spiritual growth?

3. One of the tangential by-products of jumping into the 21 days of prayer and fasting that we mentioned within the sermon is discipline and spiritual growth. Have you tried fasting before, and if so, what was your experience? If not, what barriers do you foresee in implementing fasting into your spiritual practice?

Go Deeper:

1. In the sermon, it was mentioned that our bodies are temporary, whereas our spirits are eternal. How does this truth affect the way we prioritize our physical health and well-being? How do you strike a balance between caring for your physical body while focusing on your eternal spiritual state?

2. We discussed how our bodies are a good gift from God and that we're called to steward them rightly. How do you interpret this concept in terms of health and self-care? Where do you think the line between responsible stewardship of our bodies and idolizing physical appearance or health might lie?

Action Steps:

1. Consider participating in the 21 days of prayer and fasting mentioned in the sermon. Take the opportunity to dedicate time daily for prayer, seeking spiritual breakthroughs, reconciliation, revival, and personal closeness with God. Choose a fasting method that suits you, whether it's fasting from specific foods, social media, certain activities, or dedicating specific times for prayer and disconnecting from worldly distractions. Use this period to deepen your spiritual connection and seek guidance from God.

2. Reflect on your beliefs about the relationship between physical health and spirituality. Consider how you view your body, its care, and the balance between self-discipline and self-indulgence. Evaluate whether any extremes exist in your approach to physical health and whether it aligns with the understanding that your body is a temple of the Holy Spirit. Identify areas where changes or adjustments can be made to better align your physical well-being with your spiritual growth and commitment to honoring God through stewardship of your body.

Prayer Requests:

1. Pray for the 21 Days of Prayer and Fasting. Pray that God would open the eyes of our people and that we would hunger for him above all else.

2. Pray for a correct view of your physical body. Pray that God would give you vision for how to steward the temple of God's Holy Spirit.

Feel free to use this guide to facilitate discussion in your community group. Modify the questions as you see fit.