

Crave

Week 3 | I just can't say "no" to.... my body.

BOTTOM LINE

Believe it or not, your body is a gift from God. God is the author and designer.

GOAL OF THE GROUP

For our 3rd week we are talking about the topic of our body, image, and our disciplines. Often our view of our body will influence our emotional and relational health. Our goal is to shift away from an identity based on circumstances to an identity in Christ.

SCRIPTURE

Psalm 139:13-14, 1 Corinthians 6:13, John 6:26-29, 35, 51

DISCUSSION QUESTIONS

- Share:** How has your view of yourself shaped your habits, your beliefs or your struggle when it comes to your own body?
- Read & Discuss:** Psalm 139:13-14
 - Reflect on the statement that the Psalmist says about being fearfully and wonderfully made. How do you feel about that statement when it comes to your body?
- Discuss:** This weekend we talked about extreme responses to how we view of ourselves.
 - Extreme Body (worshippers or neglectors)
 - Which way do you lean? Do you spend time thinking about body image, exercise and diet plans and clothes? Or do you desire maybe a change without a change in habits?
 - Extreme Food (over eater vs. under eater)
 - Which way do you lean? Either way we lean, we can get caught in the addiction cycle of depressed, self-image and identity struggles.
 - Extreme Cravings (never enough vs. satisfied)
 - Which way do you lean? With food, we will never satisfy because we often are filling a craving with something that needs to be filled by something greater.
 - Share this quote - "There is a God-shaped vacuum in the heart of every person, and it can never be filled by any created thing. It can only be filled by God, made known through Jesus Christ." (Blaise Pascal – French Physicist)
- Read & Discuss:** 1 Corinthians 6:13
 - How do any of the leanings discussed in question 3 challenge your response to this section of Corinthians? How might the writer be challenging you to shift in one of your extreme leanings?
- Read & Discuss:** John 6:26-29, 35, 51
 - What are some of the powerful truths Jesus offers us in this section of scripture?
 - How does God address our cravings for satisfaction? How would this help shift your view of your body and the disciplines you have in your life right now?
 - In verse 51 it says, the one who feeds on me will live because of me. What would this look like in your life right now? What adjustment does this scripture encourage you to make?

Here are some survey results when it comes to the topic of our body and our desire.

- 1 out of 5 men and 2 out of 5 women would trade three to five years of their life to achieve their weight goals.
- The diet industry has sales of over \$40 BILLION each year!!
- 41.3 million Americans have a gym membership -- up 23% since 2001.
- Young girls are more afraid of becoming fat than they are of nuclear war, cancer, or losing their parents.
- 80% of 10-year-olds have tried dieting.



TRY THIS

- If there is an extreme craving that you want to discuss with others, consider Celebrate Recovery. It is a community that talks about the habits, hurts, and hang-ups that limit our ability to find our identity in Christ alone!*
- Share 1 step that you are going to take to step away from an unhealthy perspective of your body this week.*