

# DASHBOARD

## Connect

Take a minute to remember either your *first* car or your *favorite* car. Tell your group about it!

## Grow

1. Have you viewed taking care of your body as a part of your spiritual act of worship? In what specific ways, if so?
2. How did you previously view the *why* behind how you eat and treat your body?
3. The body is a part of God's good gift to us. Were you brought up thinking your body needed to be "beaten into submission" because it was bad? How has your way of thinking been challenged?
4. Scripture says, "Worship [God] with our bodies." How are you doing with that?
5. "Whatever we do with our bodies is an act of worship to someone or something," either to God for good or Satan for evil. Where are you excelling with this? What are some ways you are struggling?
6. "Our bodies are a good thing that is meant to show that God is the ultimate thing." But when a good thing becomes an ultimate thing bad things happen. What good things have become ultimate things in your life?
7. In what ways do you fall into either Passive or Active idolatry?
8. The Gauges of Idolatry: (1) Important relationships, (2) Time, and (3) Money. False gods always demand more and more all three of these areas. Which gauge may be indicating your body is starting to break down?

## Pray

**Read 1 Corinthians 6:19-20** in the Message translation. Pray this prayer: *Father, we thank you for Jesus, and that through His cross and resurrection that we can be transformed into his image. We ask that your Spirit will show us where we need discipline, convict us to change, and empower us to do so.*

## Next

"Discipline equals freedom." Where do you need to become more disciplined this year? Begin today!