

Study Questions
The Kingdom of God, Pt 5
“God’s Kingdom and My Body”
1 Corinthians 6:12-20

- 1) **READ** 3 John 1:2. What did the Apostle John pray for Gaius whom he loved in truth? Have you ever prayed for anyone’s health when they were not ill? Why does the church seem to only focus on the health of an individual when they get sick? Does God only want the church to focus on “spiritual issues” and ignore “health issues?”
- 2) **READ** 1 Corinthians 6:12. Paul says, **“All things are lawful for me, but not all things are helpful...”**¹ What does he mean by this? The context of this passage is sexual immorality in the church. Paul brings correction in terms of what behaviors are not righteous in the eyes of the Lord. What does 1 Corinthians 6:15-17 say about our bodies? Now what does 1 Corinthians 6:19-20 say about our bodies and what we are supposed to do with them?
- 3) **READ** 1 Corinthians 11:29-30. What is the context of this passage? What is the reason Paul explains many of the saints were weak, ill and have died? Is this something we should take seriously today or was it only true in Paul’s day? In some cases there is a correlation between sin and illness but not all (John 9:2-3).
- 4) In the message we were instructed to **REST** (Exodus 20:8-10). Do we really need God’s Word to tell us to rest? What are the signs which indicate you need rest? Are you experiencing any of those signs right now? How detrimental can it be for our health if we don’t get plenty of rest? Are you willing to cut God’s work short in your life because you don’t get enough rest?

¹ **“Everything is permissible for me,” but not everything is helpful. “Everything is permissible for me,” but I will not be brought under the control of anything.”** (1 Corinthians 6:12 CSB)

- 5) **READ** 1 Timothy 5:23. Why did Paul instruct Timothy to drink wine and how much did he instruct him to drink? Why do you think Paul just didn't tell Timothy to pray for his healing? There are clearly tangible things we can do in order to improve our health. Other than taking another pill, what are a few simple things you can do to improve your health? When is it wise to follow a doctor's advice about your health? Do you think God places health care professionals in our life in order to heal us?
- 6) If you had a choice between medication or exercise which would you choose? The CDC reported for the period 2011-2014 that total U.S. adults aged 20+ with occurrences of diabetes is 12.6%. That number seems to be increasing. Why do some people choose medication over exercise? What are a few things you need to put into place in order to **RESTORE** your health?