****C3 Questions

*C3 exists to glorify God and edify the body by knowing and delighting in the Father through the joy and love of the Spirit and unity in the Son.*

Got Milk?

In the realm of diet and exercise, are you being a good steward of your body? Why or why not?

How can you apply Sunday's message to pursue joy in God through fitness and exercise?

Where’s the Beef?

Read Matt 25:14-30 and write down all the observations you make about good stewardship.

Practically, how do each of your observations relate to stewardship of your body?

Based on the parable and your observations, is a failure to exercise and eat well sinful? Why or why not?

Read 1 Cor 6:19-20. Paul uses the image of a temple to describe our bodies. Considering everything you know about the Temple, write down everything this metaphor implies.

In your own words, what does it mean to "glorify God in your body?"

Are You Satisfied?

How does exercise help you to see, savor, and share the goodness of God?