



## Church of the Ascension

Sermon Discussion Questions  
for Sunday, October 12, 2023 on  
“Stewarding Our Bodies”

**READ:** John 9:1-7, Philippians 2:1-11

### DISCUSS

- As you were growing up, what were the most influential messages you received about the *meaning* of our bodies? Of your own body? Where were those messages coming from (e.g., school, TV, movies, magazines, etc.)?
- Jesus’ answer about the man born blind was: “I won’t tell you why, but I’ll tell you the end: so that God’s works might be revealed in you” (John 9:3). As you think about your own body’s particular limitations, weaknesses, and brokenness, can you imagine Jesus saying this to *you*? How does that settle with you?
- Re-read Philippians 2:1-11. How does the *incarnation* – the Son of God becoming human – change how we think about our embodied life? Is it strange to imagine Jesus as really, *fully* human – with body hair and a digestive system and all the rest? Why or why not?
- As Christians, we hold onto the hope of full healing and wholeness in the resurrection. This is the “*not yet*” of our salvation. But sometimes, we hold onto that hope at the expense of the “*already*” – of what Jesus is doing in us here and now. What might it look like, practically, to be *at home* in your body as it is now – in the “*already*”?

### PRAY

Pray for those among us who experience great suffering and difficulty in our bodies. Ask the Lord for eyes to see His good works in us, even in our limitations and weakness. Give thanks for the ways that your Community Group has blessed and cared for one another as embodied community. Ask for God’s grace to be at home with ourselves and with one another.

### DO

As you go about your week, take inventory of the thoughts you have about your body. When are you most aware of your body – of your strengths or your limitations? Are you attuned to your body’s signals? How might you grant Jesus access to every part of you – and learn from him how to be *at home*?