



Small Group Guide – April 26

Masterpiece: Tame the Temple

Date: April 26

Focus Passage(s): 1 Corinthians 6:19-20

Theme: Your body is God’s masterpiece and temple—how you care for it is a spiritual act of worship.

Suggested Schedule (60 minutes total)

Segment	Time	Description
Icebreaker	10 min	Get comfortable, begin connecting
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss application
Deeper Dive Option	5–10 min	Deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

Welcome + Icebreaker (10 min)

What’s one habit (healthy or unhealthy) you’ve picked up over the years that’s been hard to change?

What is a strong “why” that motivates you to do something right now in your life?

Key Message Recap

We are talking about knowing what’s right, but not changing until finding a “why.”

Have you experienced that in your own life?

What might be a deeper “why” for taking care of your body?

Discussion Questions (25 min)

Your Body Matters to God:

What stood out to you from the message about your body being a “temple”?

How does viewing your body as something that belongs to God change your perspective?

Five Biblical Truths About Our Bodies:

Which of these challenges you the most?

My body is the temple of the Holy Spirit

I am to give my body to God (Romans 12:1)

I am to love God with all my strength (Mark 12:30)

I am to live with self-control (Proverbs 25:28)

I am not to be a slave to anything (1 Corinthians 6:12)

Discussion:

Which one do you need to grow in right now?

What would it look like to live that out practically this week?

Grace vs Guilt:

Why is guilt a poor motivator for change?

How does knowing God already loves and accepts you change how you approach growth?

Practical Change:

Which of these areas is hardest for you right now?

Diet Exercise Sleep Consistency

Deeper Dive

T — Track (Your Intake)

Are you aware of what you're actually consuming?

What's one change you could make this week (ex: reduce added sugar)?

A — Activity (Move Your Body)

What does consistent movement look like for you right now?

What's a realistic starting point (not ideal, but realistic)?

M — Mindset (Stay Consistent)

How do you usually respond when you "fall off track"?

What would it look like to get back on track quickly instead of quitting?

E — Environment (Set Yourself Up to Win)

What environments or habits make it harder for you to be healthy?

What's one thing you can change in your environment this week?

Real-life Application

Take a moment and reflect:

What is your "why" for taking care of your body?

What is one specific step you will take this week?

Character Study: Daniel

Scripture: Daniel 1:8-16

Daniel made a conscious decision not to defile his body with the king's food. Instead, he chose a disciplined and intentional lifestyle that honored God—even when it wasn't the norm.

Key Moments

Daniel **decided ahead of time** how he would live.

He showed **self-control and discipline**.

His choices were rooted in **honoring God**, not just personal preference.

God honored his obedience with **strength and health**.

Discussion Questions

What stands out to you about Daniel's discipline?

Where do you need to make a "decision ahead of time" in your life?

How can honoring God become your motivation instead of appearance or pressure?

Prayer

Pray for...

Clarity in your personal "why"

Strength and self-control

A mindset rooted in grace, not guilt

Consistency in small, daily choices