

October 18th, 2026**Who Do I Belong To?**
1 Corinthians 6:12-20

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. ¹³You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴By his power God raised the Lord from the dead, and he will raise us also. ¹⁵Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! ¹⁶Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." ¹⁷But whoever is united with the Lord is one with him in spirit. ¹⁸Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. ¹⁹Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:12–20 (NIV)

OVERVIEW

- Freedom in Christ has a greater purpose. (vv.12-14)
- Your body belongs to Christ. (vv.15-18)
- Designed to worship God with your whole life. (vv.19-20)

IMPLICATIONS

1. Who really _____ my life? Matt 22:37
2. Am I using my freedom to follow Jesus – or to _____ myself? Mark 2:27-28
3. What _____ is shaping me more than Jesus? Luke 14:15-24

TALK IT OVER

Because we believe that the sharing of our ideas and beliefs enhances our spiritual growth in ways teaching alone cannot - we encourage you to join a small group at Sunridge and discuss some of the following questions.

What's something you own that you take especially good care of (a vehicle, tool, keepsake, hobby item, etc.)? Why is it valuable to you?

Paul says, "You are not your own; you were bought at a price." (1 Cor. 6:19-20) What do you think those words would have meant to the Corinthians? What do they challenge in our culture today?

Paul challenges the Corinthians' slogan, "I have the right to do anything," by asking whether something is **beneficial** and whether it will **master** us. Where do you see our culture encouraging us to confuse freedom with autonomy? How can Christians practice freedom differently?

The message suggested asking, "*Who really owns my life?*" Is there an area of your life (time, relationships, finances, career, sexuality, comfort, approval, etc.) where it's easy to say "Mine" instead of "Lord"? What would surrender look like in that area?

Communion reminds us that we were "bought at a price." How does remembering Christ's sacrifice change the way you think about obedience? How does the gospel motivate us differently than simply trying harder to follow rules?



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