



You Are Not Your Own

GROUP DISCUSSION GUIDE

Discussion

1. Think of a slogan or saying you hear often in today's culture (for example, "Follow your heart" or "Be true to yourself.") How does it shape the way people think about life?

2. What resonated with you from Sunday's worship?

Read 1 Corinthians 6:12-14.

3. Paul quotes the Corinthians' slogan, "I have the right to do anything," but responds, "Not everything is beneficial," and "I will not be mastered by anything." What is the difference between having freedom and being ruled by our desires? Can you think of examples where something good can become a master?

Read 1 Corinthians 6:15-20.

4. Corinth was home to the Temple of Aphrodite, where prostitution was not only legal but often connected with religious practice and accepted by society. In chapters 5 and 6, Paul also addresses sexual immorality alongside sins such as greed, idolatry, slander, drunkenness, and swindling (5:11; 6:9-10). Why is it important to remember that Paul is calling the church to holiness in every area of life—not singling out one category of sin?

5. Paul gives three reasons our bodies matter: God will raise our bodies, our bodies are temples of the Holy Spirit, and we were bought with a price. Which of these truths most changes the way you think about your body and why?

6. The sermon asked two questions: "Does this honor the One to whom I belong?" and "Does this help the community of Christ to whom I belong?" How might those questions change the decisions you make this week?

7. Paul tells believers to "flee from sexual immorality," echoing Joseph fleeing from Potiphar's wife (Genesis 39). More broadly, what are some temptations or habits that Christians should run from rather than try to manage? Where might God be inviting you to flee and instead pursue a life that honors Him?

6:19-20

Do 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; you were bought at a price. Therefore honor God with your bodies.

Next Steps

- **Love Jesus:** Read ahead for next Sunday - 1 Corinthians 11:17-26.
- **Connect with Others:** Invite a trusted Christian friend to ask you regularly how you are honoring God with your whole life—body, mind, and spirit.
- **Serve the World:** Encourage someone who is struggling with shame by reminding them that in Christ we are redeemed, not defined by our past.
- **Reach the Lost:** Look for an opportunity to share that following Jesus is not about losing freedom, but discovering the freedom to become who God created us to be.

Love Jesus. Connect with Others. Serve the World. Reach the Lost.