



# DISCIPLE GROUP CURRICULUM VIDEO GUIDE

ONE WK #4: October 24 & 27, 2019

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## LEADER INFO:

### Christmas In A Box:

Tis the season! Interested in hosting or attending a Christmas In A Box? Check out more info at [coe22.com/Christmas](http://coe22.com/Christmas)

\*Reminder – Video curriculum only this week and next week.

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## GROUP ANNOUNCEMENTS:

### McKenzie's Run | November 23 | TIAA Bank Field

Join the Eleven22 family in support of one of our local partners, McKenzie Wilson Boys & Girls Clubs, by participating in the 10<sup>th</sup> annual run. Learn more and register at [mckenziesrun.org](http://mckenziesrun.org)

### Child + Family Dedication Dinner | November 1 | 530pm - 730pm at the Arlington campus

If you're a parent and interested in having your child dedicated during service, join us for a dinner and a class to learn more about what it means for parents and the church to partner in raising up your child in the gospel.

Sign up at [coe22.com/events](http://coe22.com/events)

### Compassion Experience | November 21-24 | Fleming Island campus

Join us at the Fleming Island campus to walk through the life of Compassion children from around the world. Reservations are encouraged but not required.

Learn more/ Reservations [here](#). Volunteer to serve [here](#).

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**MEMORY VERSE:** Hear, O Israel: The Lord our God, the Lord is ONE. You shall love the Lord your God, with all of your heart and with all of your soul and with all of your might. And these words that I command you today shall be on your heart.

**Deuteronomy 6:4-6**

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## THIS WEEK'S READING PLAN:

Monday – 1 CORINTHIANS 6:19-20

Tuesday – 1 CORINTHIANS 9:24-27

Wednesday – PSALM 139

Thursday – 1 TIMOTHY 4:6-10

Friday – PSALM 73

Saturday – GENESIS 1:26-31

# CONNECT

## WHAT'S HAPPENING IN YOUR LIFE:

- Where have you seen God move? What are some wins to share or blessings to be thankful for?
  - What challenges did you face?
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## CHECK-IN: Action step last week

### LET'S CELEBRATE WHERE YOU TOOK A STEP TOWARDS CHRIST

How have you taken a step toward "taking your thoughts captive"? What lies are you confronting and what scripture are you using to remind yourself of God's truth about you?

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## ONE - WEEK 4: Strength

**THE POINT: We are to be stewards of our bodies and health, not for our own comfort or benefit, but so that we can pour our lives out for the gospel. Obsession with the physical is idolatry. Neglect of the physical is sacrilege.**

**SERMON TEXTS:** MARK 12:29-31, 1 CORINTHIANS 6:19-20, 9:24-27, AND PSALM 139

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## TEACHING & DIALOGUE

(Play Video)

Video Segment 1:

(Pause Video)

## DISCOVER

Now that we discovered how God is moving through Gage Sellers as part of the ONE discipleship journey, let's dig in together.

***Have someone read Matthew 6:19-24 out loud.***

1. **In his testimony video, Gage said he was investigating what he could cut out of his life to make more time for God. What activities, habits or hobbies might be preventing you from loving God with ALL?** *(One goal here may be to make a certain amount of time for God every day, a larger block once every week and an even larger block once every month.)*
2. **Is God the ONE thing that drives ALL your decision making and planning? How could allowing God into this part of your life change how you steward your time, talent and treasure?** *(Answers will vary.)*

## (Play Video)

### Video Segment 2:

## (Pause Video)

**Point:** We are to be stewards of our bodies and health, not for our own comfort or benefit, but so that we can pour our lives out for the gospel. Obsession with the physical is idolatry. Neglect of the physical is sacrilege.

## DEEPEN

Now we have a chance to dive deeper into God's word and see how we might apply it to our lives.

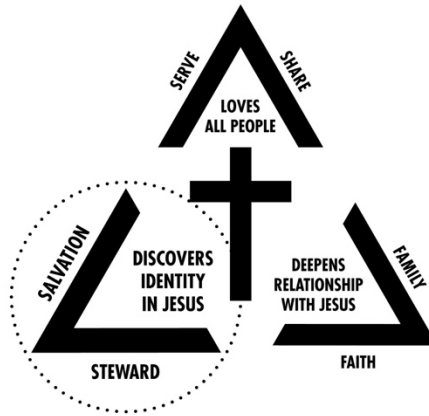
*Have someone read 1 Corinthians 6:19-20 & 1 Corinthians 9:24-27 out loud.*

1. **Knowing that our bodies have been declared temples because the Holy Spirit lives inside every believer, how well do you take care of your body? What healthy and unhealthy habits do you have?** *(Share as you feel lead.)*
2. **Thinking about any unhealthy habits, what situations (routine or seasonal) trigger you into an unhealthy decision? What about healthy habits with wrong motives?** *(Share as you feel lead.)*
3. **In what areas of your life do you need to remind yourself of the gospel; that your body is for holy use and not to be treated as common?** *(Share as you feel lead.)*
4. **How will you use the biblical truths from last week to remind yourself that your body is not your own and was bought at a price? What other decisions can be made regarding your bodily health to ensure you are a good steward of the ONE body God formed for you?** *(Psalm 139:13-14 is a place to start.)*

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## ACTION STEP

Take one more step by applying what you've learned to your life this week. Specifically looking at the quiz on pages 30-31 of the ONE: Loving God with All book. Based on results, identify two to three action steps you can take this week and in the future, to better steward your physical self. **Ask:** God, am I loving you with ALL in regard to my physical self so that I can be sent on mission for your glory?



*ONE unified Church is a **family** that is fueled by life together! A healthy family forgives one-another, just as Christ has forgiven us.*