



## Small Group Discussion Guide

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”  
— 1 Corinthians 6:19–20

1. What stands out to you most in this passage—the phrase “*temple of the Holy Spirit*,” “*you are not your own*,” or “*bought with a price*”? Why do you think that phrase carries weight for you personally?
2. In Corinth, temples were physical places tied to worship and behavior. How would calling the *body* a “temple” have challenged the Corinthian worldview—and how does it challenge ours today?
3. What emotions or reactions surface when you hear, “*You are not your own*”? Does that feel freeing, uncomfortable, or both? Why?
4. Paul says we were “*bought with a price*.” What do you think Paul wants believers to remember when he uses marketplace language to describe salvation?
5. When Paul says, “*Glorify God in your body*,” what areas of embodied life come to mind first (rest, sexuality, work, health, habits, self-control)? Which area feels most challenging right now?
6. In the Old Testament, great care was taken with the temple. What parallels can you draw between how sacred space was treated then and how believers are called to steward their bodies now?
7. How do we pursue honoring God with our bodies *without* slipping into shame, performance, or legalism? What does grace-motivated stewardship look like in real life?
8. If you truly believed this week that your body is God’s dwelling place, what is one small, concrete change that might follow—in how you rest, move, speak, eat, relate, or set boundaries?