



FCA Wrestling – Team Huddle

Week 4: The body is God's temple – how are you building yours? (1 Corinthians 6: 17 - 20)

The Bible says our bodies are members of Christ, so we should treat them as we would treat Jesus, and anyone joined to the Lord is one spirit with Him. It says our bodies are a sanctuary for the Holy Spirit who is in us. We are not our own, but belong to God, and were bought with the price of His bloodshed on the cross.

Questions:

1. When someone is coming to visit, do we tend to clean up our homes?
2. Should we do the same knowing our bodies are home for the Spirit of God?
3. What can we do to make and keep the body clean for Him? It might require prayer to change some habits, and a commitment, but aren't all things possible for God?

CONCLUDE WITH A SHORT PRAYER