

EMBODIED

theology of the whole self

The Fragile Body 2 Corinthians 4:16-18

“Each of us will physically suffer, but there is hope in suffering with Jesus.”

1. Jesus **understands** our fragile bodies because He took on a fragile body Himself.

2. When we experience physical suffering, we can either run **to** God or from Him.

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. In what ways have you physically suffered or are currently suffering in your fragile body?

2. Is your physical suffering due to factors outside your control (disease, inherited limitations, etc.), self-inflicted and the result of your own poor choices (addictive behaviors, poor nutrition, lack of exercise, etc.), or caused by others (abuse, physical violence by another, etc.)?

3. How does God want us to face our physical suffering?

Memory Verse

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

2 Corinthians 4:17