



The Fragile Body

Each of us will physically suffer in this life, but there's hope in suffering with Jesus. Have you considered that Jesus understands our bodies because he took on a fragile body himself? So, when you experience physical suffering, you can either run to God or from Him.

2 Corinthians 4:17 “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

Sermon Points:

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.

Group Opener: The millennial geriatric is an actual category in today's social constructs & discussions. Do you remember when you first really started “feeling” the changes in your aging body? Was it easy, progressive, faster than anticipated?

Discussion Questions:

1. In what ways have you physically suffered or are currently suffering in your fragile body? How does this effect your attitude about God?
2. Read 2 Corinthians 4:16-18. What does the eternal glory Paul refers to have to do with our physical bodies today? What “unseen” things can we fix our eyes on as motivation day by day?
3. 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.)?
4. With 80+% of prayer requests geared towards the physical body, how can we ramp up prayer and even support for those struggling in this way?

