

# COMMUNITY GROUP GUIDE

1 CORINTHIANS – FREEDOM & YOUR BODY – 3/8/2026

## COMMUNION

- Read and meditate on 1 Corinthians 6:19–20 — “You are not your own; you were bought with a price. Therefore honor God with your bodies.”
- Spend a few quiet moments thanking Jesus that He has redeemed not only our souls, but our whole selves—and that true freedom is found in belonging to Him.

## REVIEW

- The big idea: In the gospel we are not autonomous; we belong to Jesus—and that changes how we use our bodies, handle conflict, relate sexually, and live in community.
- Paul shows that Christian freedom is not freedom to do whatever we want; it is freedom from the power of sin and freedom to live for what is good in God’s eyes.
- Our bodies are gifts from God, claimed by Christ, and temples of the Holy Spirit.
- Problem#1 (CH 5): the church was tolerating a shocking sin with pride. Paul’s goal was not punishment, but restoration—of the sinner, the church, and the church’s witness.
- Problem#2 (CH6): the church is taking disputes to unjust secular courts instead of learning to practice justice, wisdom, and reconciliation within the family of God.
- Problem#3 (CH6): Sex is not an unrestricted activity like eating; it is a sacred act of union, which is why Paul treats sexual immorality as a serious distortion of God’s design.
- Problem#4 (CH7): The Corinthians lacked both attentiveness to the teachings of Jesus and the wisdom of the Spirit to apply God’s truth to situations with no direct command.
- Paul affirms both marriage and singleness as gifts from God, and teaches mutuality and equality within marriage rather than domination or selfishness.

## DISCUSSION

1. What stood out to you most from this week’s teaching—an idea, phrase, or Scripture?
2. Where do you see our culture defining freedom differently than Paul does in these chapters?
3. **Read 1 Corinthians 6:19–20.** What does it practically mean for you that your body is not just your own, but belongs to the Lord?
4. Paul seems to hold together both truth and restoration. Why is it important for a church to be both clear about sin and also a safe place for grace, healing, and honesty?
5. Paul says both marriage and singleness are gifts. How might that challenge common assumptions in the church or in our culture?

## PRAYER

Spend time praying for one another: Thank Jesus that He paid the price for our redemption. Ask for wisdom to honor God with our bodies and relationships. Pray that our church would be a community of both truth and grace, where people can be restored and formed in Christ.