

Champions Arise Study Guide
Series: The Four Priorities
Priority #2 – A personal, progressive commitment to yourself
Program #CA 26 (TFP2) - Our Physical Assets

Focus passage – 1 Corinthians 6:19, “*Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?*”

1) Do you think it’s easier, the same, or harder to stay in shape today than it was 100 years ago? Why?

2) What are the most effective tools for losing weight?

3) What are four steps men can take to avoid sexual immorality?

1. _____
2. _____
3. _____
4. _____

“Flee the youthful lusts” (2Ti 2:22.)

4) What four questions can help men be accountable to each other?

1. _____
2. _____
3. _____
4. _____

5) What are two ways to escape temptation?

1. _____
2. _____

Commitment: I commit to treating my body as a temple of God’s Holy Spirit.

Our Physical Assets – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1.
5. Listen to the program: “Our Physical Assets”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Eating less, eating more protein, exercising, getting rest.
 - b. Question #3 answer:
 - 1) Be aware of your vulnerability in this area
 - 2) Guard your marriage bed.
 - 3) Guard your thoughts
 - 4) Be accountable to someone.
 - c. Question #4 answer:
 - 1) Have you been with a woman (or man) anywhere this past week that might be seen as compromising?
 - 2) Have you exposed yourself to any sexually explicit material?
 - 3) Have you spent adequate time in Bible Study and prayer?
 - 4) Have you just lied to me? With any of your answers.
 - d. Question #5 answer:
 - 1) Avoid situations where you can be tempted.
 - 2) Be accountable to a man or men’s group.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to helping each other avoid sexual immorality of any kind.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly father, thank you for providing a way out of every temptation.
In Jesus name, Amen.