****C3 Questions

*C3 exists to glorify God and edify the body by knowing and delighting in the Father through the joy and love of the Spirit and unity in the Son.*

Red Text = Tips and guides to help use the questions

Blue Text = Sample Answers

Green Text = Additional questions to ask

Got Milk?

In the realm of diet and exercise, are you being a good steward of your body? Why or why not?

How can you apply Sunday's message to pursue joy in God through fitness and exercise?

Where’s the Beef?

Read Matt 25:14-30 and write down all the observations you make about good stewardship.

* Stewardship begins with God entrusting with a resource
* Stewardship is done by servants
* Different servants are entrusted with different amounts of resources
* All accounts will one day be settled
* Good stewardship multiplies or enhances God's resource
* Good stewardship leads to being entrusted with more resources
* The reward of good stewardship is the joy of the Master
* Bad stewardship does not necessarily lose the resource, but it hides it and hordes it. There is no increase.
* Bad stewardship is the result of wickedness and laziness.
* Bad stewardship results in the loss of trust and God's resources
* The bad steward is punished

Practically, how do each of your observations relate to stewardship of your body?

Based on the parable and your observations, is a failure to exercise and eat well sinful? Why or why not?

* In the parable, the bad steward takes God's resource and hides it. He does not even lose the resource. He simply does not increase it or multiply it. For that failure, he is called "wicked" and lazy. Based on that metaphor, if we fail to use our bodies in such a way as to increase God's recourse, we are failing to be good stewards. It would be a safe conclusion then to say that a failure to exercise at all or ever strive for healthy food consumption would fall into the category of wicked and lazy.

Read 1 Cor 6:19-20. Paul uses the image of a temple to describe our bodies. Considering everything you know about the Temple, write down everything this metaphor implies.

* What does the metaphor of the temple imply?
	1. God dwells in you.
	2. The temple was beautifully maintained and decorated
	3. Every stitch and nail and rock in the temple was God-centered and holy

In your own words, what does it mean to "glorify God in your body?"

Are You Satisfied?

How does exercise help you to see, savor, and share the goodness of God?