

Offer Your Bodies: A Missing Link to Spirituality

Dr. Timoteo Gener | Romans 12:1-2; Matthew 26:31-45

Watch

Watch the sermon. As you watch, take notes on anything that stands out to you. Pay careful attention to the context of the biblical text, insights and principles highlighted, and any supporting scripture mentioned.

**** KEY TAKEAWAYS ****

How does our body fit into our spirituality?

- “You are the Christ”: Confessing Christ and new life
- “The Spirit is willing, but the flesh is weak”: The body as a battleground
- “Constantly in prayer”: The body strong for the spirit

Talk It Through

1. Dallas Willard called some people “vampire Christians”—wanting Christ’s forgiveness but not His transformation. What’s your gut reaction to that phrase?
2. Have you ever noticed how your body tends to “take over” in certain situations—like blurting something out or reacting in fear before you even think? Why do you think our bodies can feel so hard to control?
3. What stood out to you about the idea that God wants to redeem not just our souls but also our bodies and habits?
4. If you looked at your daily routines—how you eat, speak, rest, or even use your phone—what would those habits say about who or what you’re really surrendered to?
5. Imagine your body as a tool in God’s hands—your tongue, hands, knees, or thoughts. What’s one small way you can offer one of these to God in the coming week? What spiritual discipline could you intentionally practice to help retrain your body toward obedience and worship?

Pray

Close your time together with prayer.