



Flesh-and-Blood Spirituality

March 13, 2022

1 Kings 19:1-8

Connect

- When has your body served you best? When has your body brought about new limitations? How have those moments/experiences impacted your spiritual focus in life?

Engage

- Read **1 Kings 19:1-8**. The running meme/joke surrounding this passage is that a little snack and a nap can totally change your doomsday perspective into a more positive outlook. What about your daily rhythm encourages your perspective? What part of your day tends to dampen your spirits?
- Stephanie Paulsell says that the practice of honoring the body is *“born of the confidence that our bodies are made in the image of God’s own goodness.”* She continues: *“It is through our bodies that we participate in God’s activity in the world.”* Do you see your body as a holy gift? Why/why not?
- We so often focus on the divinity of Jesus that we neglect his flesh-and-blood reality as well. If Jesus is both fully human *and* divine – how do you consider his humanity?
- If your body’s *“check engine light”* is on, do you tend to pay attention or ignore the warning because *“I don’t have time to tend to my body’s needs?”* How has that served you in the past?

Next Steps

- Focus on your body’s well-being this week in a way you have not of late. How does your schedule impact your health? Notice how balanced days and nights of rest, exercise and nutrition bring new clarity to your spirit’s focus.

Pray

“God of spirit and flesh, you breathe into my very bones a life that is meant to flourish. Strengthen and help me settle into a health that is best for my unique earthly vessel. Amen.”