ACOMPANHAR AO VIVO

# Living Holy, Living Wholly

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## Before You Press Play

Watch for how he ties body autonomy in the mall, First Corinthians 6:19-20, Third John 1:2, Mark 12:30, and Ellen White's health message into one call to holiness, wholeness, and discipleship.

PARA REFLEXÃO

**Question 1**

What contrast does he draw between the world's claim, "my body is mine," and the disciple's responsibility before God?

> *Do you not know that your body is a temple of the Holy Spirit within you whom you have from God? You are not your own.*
>
> — Impactful Quote

PARA REFLEXÃO

**Question 2**

How does his story about the turquoise earring in seventh grade illustrate the broader issue of body autonomy?

PARA REFLEXÃO

**Question 3**

When he defines a disciple through Dallas Willard, what changes in how a person approaches daily choices about the body?

PARA REFLEXÃO

**Question 4**

Why does he insist that Paul's teaching is not just about sexual morality, but about every dimension of life for a follower of Jesus?

> *you were bought with a price, so glorify God in your body.*
>
> — Impactful Quote

PARA REFLEXÃO

**Question 5**

How does he connect the cross and the resurrection to the idea that God cares about the physical body, not only the soul?

PARA REFLEXÃO

**Question 6**

What does he mean when he says the Bible's vision is wholeness, and how does Third John 1:2 support that vision?

PARA REFLEXÃO

### Question 7

How does Jesus' command to love God with strength challenge the way we think about fatigue, sleep, diet, and physical energy?

> *Jesus said, you shall love the Lord your God with your heart, your mind, your soul, and we translate it strength.*
>
> — Impactful Quote

PARA REFLEXÃO

### Question 8

What distinction does he make between suffering caused by illness or the effects of sin and the habits we choose that weaken health?

PARA REFLEXÃO

### Question 9

Which of the eight health principles does he present as most relevant to your current circumstances, and why does he emphasize doing the best possible rather than perfectionism?

> *Preserve the best health you can.*
>
> — Impactful Quote

PARA REFLEXÃO

### Question 10

What is the one act he asks you to start with this week, and how could that become part of your daily worship and sanctification?

ORAÇÃO

### Prayer After the Sermon

*Lord Jesus, thank you for buying us with a price and for making our bodies your temple. Help us to see our whole selves through your eyes, to love you with our strength, and to practice the habits that support holiness, health, and faithful discipleship. Amen.*