



THE CHURCH OF THE
ADVENT

Read: Genesis 2:4-7

Summary: We are continuing our series entitled “This Is My Body.” This week Pastor Tommy focused on the nature of our embodiment. Pastor Tommy began by highlighting some common views of embodiment that see our bodies as mere material containers for our true selves which exist as disembodied souls. These views have resulted in widespread cultural confusion. On one hand, our society believes we should celebrate our bodies as we pour time and energy into making our bodies healthy and attractive. And yet our society also denigrates our bodies as disposable, something to be either displaced by technology or replaced by an altogether different body.

The gospel shows us a different way. In Genesis we see that God made Adam as a unity of matter and spirit. We do not merely have bodies; we are bodies. With the Fall we began to be ashamed of and disconnected from our bodies. But Christ, fully God and fully man, came in a body to restore our embodied humanity by his Holy Spirit. In fact, all Scripture points to the New Creation in which our resurrected material-spiritual bodies dwell with God for all eternity. This gospel-centered view sees our embodiment as essential part of what it means to be human and follow Jesus, a calling to joyfully embrace and inhabit our God-given bodies.

- Questions:**
1. What are some ways that our culture simultaneously celebrates and denigrates our bodies? How do these confused impulses flow from their underlying negative views of embodiment?
 2. How do our beliefs about Creation, the Incarnation, and the Resurrection fundamentally reshape how we should view our embodiment?
 3. How does the gospel view of embodiment as calling differ from the common views about embodiment in our culture today?
 4. Pastor Tommy detailed four applications that flow from the gospel view that embodiment is a calling:
 - 1) Cultivate a culture of healthy, appropriate touch
 - 2) Gospel-centered approach to those suffering in their embodiment
 - 3) Worship in ways that involve our whole bodies
 - 4) Adopt practices that re-embody us

Discuss how we could live these applications out in our community.

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5. What are some “focal practices” that you could adopt this Advent season to reconnect your spiritual practice with your body?

Prayer: Pray that God would reveal our dismissive or ambivalent beliefs about our embodiment and kindle within us a greater joy for our particular body. Pray that God would graciously guide us as we seek to live out a Gospel-centered alternative to the confused views of embodiment on offer by our culture.

Do: Together with family and/or friends, consider the various ways that you are either ashamed of, disconnected from, or ambivalent about your embodied life. Adopt an embodied practice for the remainder the Advent season that reconnects you with your body.