



**THE SH'MA SERIES  
"YOU ARE A NEPHESH"**

**SPEAKER: BRAD WILLIAMS  
DATE: JAN. 17, 2021**

**DISCUSSION QUESTIONS**

*These questions are designed to help lead your group through a progression of engagement with the Bible passage(s) and the speaker's message. They can help you understand and apply the teaching.*

**BIBLICAL TEXT(S) + MESSAGE SUMMARY:  
DEUTERONOMY 6:4-9; PROVERBS 1:1-6; 1 CORINTHIANS 6:19-20**

The Sh'ma commands us to love God with our all our heart, soul, and might. This week, Pastor Brad focuses on the word "soul." We often think of our souls as being the spiritual part of us, as opposed to our physical being. However, that's not how the Hebrew people thought of the soul. They saw the physical and non-physical as inseparably related. The Bible is clear that our bodies are more than just a container for our souls. They are an essential part of who we are. Only when we see our bodies as an important part of who we are can we live our lives aligned by God's love as he intended.

**LEAN IN:** *These are icebreakers and warm ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. When you hear the word "soul" what words, images or ideas come to mind?
2. What example or story stood out to you in Sunday's sermon? Why was it significant to you?
3. How do you think most people feel about their bodies? Why do you think that is?
4. What physical feature do you most like about yourself, and why?

**LOOK DOWN:** *These are questions about the Bible passage(s) and observations about what's been read. Spend about 15-20 minutes on three questions max.*

1. According to Deuteronomy 6:4-9, how are we to love God? What parts of ourselves are mentioned in this passage?
2. If you were to rewrite Deuteronomy 6:4-9 in your own words using words and activities from today's world, what would you write?
3. What is the purpose of the book of Proverbs, according to Proverbs 1:1-6? How would you explain this paragraph in your own words?
4. Based on Proverbs 1:1-6, how would you define wisdom? Is it about what you know, how you act, both, or something else?
5. What are our bodies, according to 1 Corinthians 6:19-20? How are we to treat our bodies according to this passage? How might you explain this concept to a child or someone who was just learning about God and how he created us?

**LOOK OUT:** *These questions help connect the world of the Bible to today. Spend about 15-20 minutes on three questions max.*

1. Pastor Brad talked about how our lives can be out of alignment, just like pot holes can cause our cars to be out of alignment. When this happens, our input and output don't match. Can you think of examples from people you know or people in history whose lives were/are out of alignment?

**CONTINUED:**

2. How do you think most people define their souls? What is the general understanding of how our souls and bodies interact with one another? How is this similar or different to the definition of soul that Pastor Brad talked about/that the Bible describes to us?
3. Have you ever met someone who wasn't super smart, but who was extremely wise (or vice versa)? What is the difference between wisdom and intelligence? How do you think that relates to the command God gives us in the Sh'ma?
3. How do you think most Christians view their bodies, as more important, just as important, or less important than their souls? How does the general view of Christians agree or disagree with how God seems to describe our bodies in the Bible?
5. What are some common areas of our lives that can get out of alignment because we don't see them as being spiritual or important to God?

**LOOK IN:** *These are questions that help you consider how to apply the teaching personally. Spend about 15-20 minutes on three questions max.*

1. Have you ever felt like your life was out of alignment? What was that like? What caused you to get out of alignment? What helped you to get back into alignment?
2. How has this passage/message confirmed or challenged how you think about the relationship between your physicality and spirituality?
3. Which do you think you prize more in your life, intelligence or wisdom? Why do you think this is the case? How does this passage/message encourage or challenge you in this area?
4. What is your own attitude toward your body? Do you see it as more, less, or just as important as your "soul?" What adjustments might you need to make in how you view your body?
5. What areas of your life do you have trouble seeing as spiritual or valuable to God? Is there anything you've learned through this passage/message that gives you new insight into these areas?

**LIVE IT OUT:** *These action steps help apply this week's message to day to day life. Choose one question and talk it over for 5-10 minutes.*

1. If you feel like your life is currently out of alignment, but you're not sure why, spend some time this week asking God to show you what's causing this lack of alignment. Ask a friend, family member, or small group member to pray for you as you seek answers.
2. What's one thing you can do this week to remind yourself of the spiritual nature of all of life?
3. Is there any attitude or behavior towards your body that you need to change? Commit to doing one thing this week to move towards a healthier view and way of life in your body. If you need some accountability, ask for it!