



**IronWorks: “InterSEXtion: Manhood at the Crossroads of Design and Desire”**

3/2 & 7, 2018

Teacher: Roger Thompson

**“Use It or Lose It”**

*Or 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, for you were bought with a price. So glorify God in your body.*

I Cor. 6:19-20

**My body is God’s temple:**

- The Holy Spirit is in me:
  
- 2 extremes about the body:
  - Greek dualism:
  
  - Scientific naturalism:
  
- I am bought with a price:

My response: \_\_\_\_\_



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**My body should honor God:**

- Celebration: I Tim. 4:4-5
- Freedom: I Cor. 6:12/ 10:23
- Discipline: I Cor. 9:27

My response: \_\_\_\_\_

**Four pillars of Manly Health:**

- Sleep
- Diet
- Exercise
- Community

**Questions for discussion:**

1. What physical stewardship do I practice so that my children and grandchildren will have me around for years to come?
2. What “pillar” of manly health do I need to re-focus on? Why?
3. In what way can the physical life of a Christ-following man look different than the images portrayed by our society?

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