

Life Group Discussion Guide

Spirit, Soul, and Body – God’s Design for Wholeness

Key Text: 1 Thessalonians 5:23

“May God himself, the God of peace, sanctify you through and through...”

1. Welcome

Opening question (choose one):

- When life feels pressured, which part of you tends to take over first: **thoughts, feelings,** or **physical needs**?
- Which phrase stood out most from the sermon:
“*You are a spirit, you have a soul, and you live in a body*”—and why?

Leader note: Keep this light. The goal is connection, not confession—yet.

2. Big Idea Review

Core truth from the sermon:

God’s salvation is not partial—it is whole: spirit, soul, and body.

Brief recap (in your own words):

- God wants **wholeness**, not fragmented spirituality.
- The **spirit** is made alive by the Holy Spirit.
- The **soul** (mind, will, emotions) is renewed and healed.
- The **body** is a gift to steward—not a master to obey.

Ask:

Which part of this framework feels most new or most helpful to you?

3. Scripture Engagement

Read together:

- **1 Thessalonians 5:23**
- **Hebrews 4:12**

Discussion prompts:

1. Paul prays for our *whole* person to be sanctified.
What stands out to you about God’s concern for every part of us?
2. Hebrews says the Word “divides” soul and spirit—not to break us, but to help us discern.
How might discernment lead to healing rather than shame?

4. Discussion: Exploring the Three Dimensions

A. Spirit – Made Alive by God

Key truth:

Christianity begins with **new life**, not self-improvement.

Questions:

- Why is it important that we don't reach God merely through thoughts or habits, but through a **spirit made alive by the Holy Spirit**?
- What practices help *feed your spirit* (Word, prayer, worship, obedience, fellowship)? Which one has been life-giving recently?

B. Soul – Renewed and Healed**Key truth:**

The soul is not the problem—it is the **battleground**.

Clarifying question:

- How did the distinction between **soul** and **flesh** help you understand your inner struggles differently?

Discussion questions:

- Can you think of a time when you reacted from an unhealed soul rather than intentional obedience?
- Why is it dangerous either to **shame the soul** or **excuse the flesh**?

C. Body – A Servant, Not a Master**Key truth:**

The body is good—but it must not lead.

Questions:

- How does the body tend to “negotiate” with obedience (comfort, fatigue, cravings, avoidance)?
- What does it look like practically to offer your body as a *living sacrifice* in everyday life?

5. Application: Bringing God's Order

Invite quiet reflection first (30–60 seconds), then discussion.

Three reflective questions (from the sermon):

- **Spirit:** Am I feeding my spirit—or starving it?
- **Soul:** What patterns of thought, emotion, or choice need renewal or healing?
- **Body:** Where has my body been leading instead of serving love and obedience?

Group discussion:

- Which area do you sense God gently highlighting—not condemning, but inviting?

Leader note: No fixing. No pressure to overshare. Honor what's shared.

6. Prayer Response

Option 1: Group prayer

Pray together using adapted language from the sermon prayer.

Option 2: One-sentence prayers

Invite each person (optional) to pray one sentence beginning with:

“God of peace, I surrender my _____ to You.”

7. Take-Home Practice (Optional)

Encourage the group to try **one simple practice this week**:

- **Spirit:** 5 minutes daily in Scripture or prayer before your phone.
- **Soul:** Notice recurring thoughts or emotions and bring them honestly to God.
- **Body:** Choose one habit (sleep, rest, food, time) to surrender intentionally to Jesus.

Final Encouragement

God’s desire is not partial change, but **whole-person transformation**—spirit, soul, and body—as we await Christ’s return.