

Book Study: *Beautiful Freedom* by Stacy Reaoch

Chapter 4: Exercise

Main Idea: We can experience greater freedom in the way we view exercise by understanding:

1. Your body belongs to God
 2. Your body is made for His purposes
 3. Balance is found in worship
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Chapter 4: Buns of Steel - A Biblical View of Exercise

- **Your body belongs to God**

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. (1 Corinthians 6:19-20)

- **Your body is made for His purposes**

I appeal to you, therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (Romans 12:1).

Three biblical motivations for exercise:

Exercise helps **serve us in a greater mission—to accomplish God’s kingdom purposes here on earth.**

- 1. Ready for every good work**

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. (1 Corinthians 15:58)

- 2. Able to share Jesus**

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth (Acts 1:8)

- 3. Happy in Christ**

For you formed my inward parts; you knitted me together in my mother's womb. (Psalm 139:13)

- **What do I do now?**

Remember: balance is found in worship!

- **The Word of God stands forever**

The grass withers, the flower fades, but the Word of God will stand forever. (Isaiah 40:8)

For while bodily training is of some value, godliness is of value in every way as it holds the promise for the present life and also for the life to come. (1 Timothy 4:8)

Discussion Questions

1. Do you exercise? Why or why not?
2. How does living in light of Romans 12:1 (“present your bodies as a living sacrifice”) change your perspective and view of your body?
3. Out of the three biblical motives for exercise, which excites you?
 - a. Ready for every good work (1 Corinthians 15:58)
 - b. Able to share Jesus (Acts 1:8)
 - c. Happy in Christ (Psalm 139:13)
4. What are some ways you've seen God use the strength and health of your body for the sake of His kingdom?
5. In light of this chapter, what is one step you want to take to grow in rightly understanding exercise?

Personal Reflection

What is one takeaway you have leaving this class today?
