



Redeemed Bodies Jimmy Evans

Focus When Jesus comes back we will be given new, heavenly bodies.

Fun Who was your favorite superhero growing up? Was there a superpower you always wanted to have as a kid?

Review Key Scriptures: Luke 21:25–28; Romans 8:18–25.

1. Our earthly bodies are temporary. One day we will have heavenly bodies.

Adam and Eve were created in a perfect paradise with perfect bodies. They sinned and were cursed—as well as their offspring and the world they were given to rule. The curse means our fleshly bodies are fallen and now our bodies experience sickness, weakness, frailty, sin, and death. Through salvation, we get the promise of eternal life, but we still live in the reality of the fall with all of its consequences. But our earthly bodies are temporary. When Jesus returns, we will receive the promise of the redemption of our bodies.

2. The resurrected body of Jesus foreshadows what our heavenly bodies will be like.

1 Corinthians 15:23 states that Christ is the firstfruits and we will be like Him one day. After the resurrection, Jesus had a body that was physical and He ate fish and honeycomb. But His body was also supernatural. He was able to simply appear to the disciples, walk through walls, and ascend to heaven. Our heavenly bodies will be similar to our physical bodies, but they will be perfect and supernatural.

3. The Bible gives clear details about our heavenly bodies.

1 Thessalonians 4 gives a picture of what will happen when Jesus returns. The dead in Christ will rise first and those who are alive will be caught up together with them in the clouds and meet the Lord in the air. 1 Corinthians 15 gives a more detailed picture of what our new bodies will be like. The body we have now is sown in corruption, but our new body will be raised in incorruption. Our current body has weakness, but our heavenly body will have power. Our new bodies will be multidimensional being physical and spiritual.

Group Dynamics Idea It is important to avoid getting into a rut with your group. Make sure to change things up every so often so things don't get stale. You may want to pass the discussion guide around and have people take turns asking and facilitating each question. Or, you may want to move your group outside or to a new location. Be creative about fresh, new ways to lead your group.

Discuss

1. Read 1 Corinthians 15:41–53. What does this passage of Scripture say our heavenly bodies will be like? How are they different from our current bodies?
2. When you think about your new, heavenly body, what makes you most excited?
3. Read Romans 8:18–25. What stands out to you in this passage? How do these verses bring hope?
4. How should we be good stewards of our earthly bodies? Why is that important?
5. How does understanding what the Bible says about heaven and our new bodies bring encouragement?
6. The world overly focuses on our temporal, earthly bodies. What are some ways society incorrectly pressures us in the way our bodies look? How does focusing on our heavenly bodies help us overcome these pressures?

Take Home As we conclude, remember the following:

- Our earthly bodies are temporary. One day we will have heavenly bodies.
- Our heavenly bodies will be multidimensional, just like Jesus' resurrected body in Scripture.
- The Bible gives a clear description of the glory our heavenly bodies will have.

Prayer Heavenly Father, we thank You that You will one day give us new, heavenly bodies. Help us to be good stewards of our earthly bodies so we can shine Your light and encourage others. Help us to avoid the pressures the world puts on us in regard to our earthly bodies and help us stay focused on You. In Jesus' name, Amen.

New Leader Tip

When discussing the end times, people will have a variety of opinions. It is important to stay focused on what the Bible specifically says and avoid being dogmatic about areas of speculation or vague Scriptures that can have multiple interpretations. The goal of conversation is to encourage one another and stir one another to study Scriptures and live out your faith as a light in the world. As a leader, make sure to always guide the conversation in a constructive and healthy way.