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# LEADER GUIDE

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## LENTEN SMALL GROUP STUDY

### 6-WEEKS LEADING UP TO EASTER

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#### Week 4

March 11

Title: Honoring the Body

Scripture: John 12:1-8

Action: Giving thanks for our bodies – wounded and beautiful

Prayer Practice: Praying with Our Bodies

#### Preparation for small group gathering: watch sermon from March 11

Welcome to the Group: (15 minutes) Check in with your group. Go around the room and name a time this week when you saw God at work in your lives.

Have your group share their experience of journaling and reviewing your household economics this past week.

Opening Prayer: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen. (*Book of Common Prayer*)

Opening Video: Honoring the Body. (4 min) Press Pause on the video after Pastor Mike's introduction and questions.

#### Group Discussion: (20 minutes)

1. Read John 12:1-8 with your group
2. How do you think you would have responded to Mary's action?
3. Why was Jesus defending Mary?
4. What is your relationship with your body? Do you find yourself looking at your body as a gift or a burden?
5. How has Pastor Mike's message on honoring the body reshaped the way you think about your own body?
6. How does knowing that our bodies are sacred affect your thoughts on the way we use our bodies and treat the bodies of others. For example: objectification, domestic abuse, violence, sexual assault, etc.
7. Look at your own hand. Recall the experiences this hand has had, the work performed, care and caresses it has given, look for signs of age and injury. Silently give thanks and praise for your hand.

Video: Pastor Mike presents the Action. (2 minutes)

#### Group Discussion (5 minutes)

1. How have you experienced prayer with your body?
  2. What ways do you want to try praying with your body this week?
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Hand out the prayer card for everyone to doodle on or draw with during their prayer time this week.

Prayer Time: (10 minutes) Introduce prayer as a community practice. Use whatever method you prefer, or use the example below.

Say to group: This is the time where we are able to share the joys and concerns that are on our hearts. It is our honor and privilege as a group to hold each other in prayer throughout the week. Please take notes during this time of sharing so that you may be praying for each other throughout the week.

Closing prayer: Gracious and loving God, we praise you for our bodies. We praise you for all that we are able to do with our bodies and for all of the ways our bodies can be used to praise you. Help us to remember the gift you have given us. Even when our bodies don't work the way we want them to, help us to be thankful for what our bodies still allow us to do. Today, O God, we lift our joys and concerns up to you. We ask that you care for each of us, our families, our church, and our community throughout this week. Be with us until we gather again. In your son's name we pray. Amen.



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