

Creekside Community Church
Fearless: Conquering Our Fears about Health and Aging (2 Corinthians 4:16-5:10)
August 25, 2013
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Conquering Our Fears about Health and Aging

A. My body is not permanent but I am.

"Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day." (2 Cor. 4:16)

B. Temporary physical weaknesses produce eternal spiritual benefits

"For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal." (2 Cor. 4:17-18)

C. Fears about health and aging are normal but manageable.

"For we know that if the earthly tent which is our house is torn down, we have a building from God, a house not made with hands, eternal in the heavens. For indeed in this house we groan, longing to be clothed with our dwelling from heaven, inasmuch as we, having put it on, will not be found naked. For indeed while we are in this tent, we groan, being burdened, because we do not want to be unclothed but to be clothed, so that what is mortal will be swallowed up by life. Now He who prepared us for this very purpose is God, who gave to us the Spirit as a pledge. Therefore, being always of good courage, and knowing that while we are at home in the body we are absent from the Lord-- for we walk by faith, not by sight-- we are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord. Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad." (2 Cor. 5:1-10)

For further thought and discussion:

Getting Started

1. What was helpful to you in this week's sermon? What didn't you understand?
2. When have you worried most about your health? Least? What made the difference?

Going Deeper

3. Please read 2 Cor. 4:16. What's the outer man? The inner man? What differences do you notice in this verse between them? Why could have Paul been discouraged? Why wasn't he discouraged? In what ways do you see your outer man or woman decaying? In what ways do you see your inner man or woman being renewed? If you fully embraced Paul's perspective, what might change in your life?
4. Please read 2 Cor. 4:17-18. What is the purpose of temporary suffering in our lives? (see also James 1:2-4, 1 Peter 4:12-19 and Romans 5:3-5.) Can you see any benefits of suffering in your own life? How do you think the temporary trials of this life produce eternal glory? All Christians suffer but not all Christians benefit from their suffering. What do these verses reveal about our attitude toward suffering?
5. Please read 2 Cor. 5:1-10. Why do you think Paul compares our body to a tent? How does Paul describe living in this tent? What makes life in the tent difficult? How do these verses change the way you view your body now? If I really believe that I will be raised from the dead in an eternal and permanent body, how will I live today?

Application

What is one thing you learned from this week's passages that you will apply to your life?