



**Craig Rees**

**In Body and Being Beautiful**

9/25/2016

***NOTE: There are more questions below than you are expected to answer. Please just choose a few that are relevant for your personal reflection & application.***

1. What was your major takeaway from the message this morning?
2. (Scale 1-10) How well have you worked through your past?
3. In ancient Israel, women were sometimes treated harshly. In what ways are young girls treated harshly in own culture? What can the church do to help?
4. “The woman’s family protected her virginity but not her dignity.” What are the hallmarks of a child whose self-esteem has taken a battering? What little things can we do to help?
5. Pastor Craig revealed six necessary steps to overcome the past in a marriage: commitment, courage, celebration, conviction, composure and correction. Which of these struck you the most and why?
6. It takes commitment and courage to overcome the pain of the past that we bring in to our relationships. It doesn’t just happen. Think of a person that has modelled commitment and coutage. What did they do and what can we learn form it?
7. Songs 1:16-17 reveal the couple to have shunned the promiscuity of the world to stay true to the directives of Eden. What, in your opinion, helps people to stick to their vows even when things get tough?