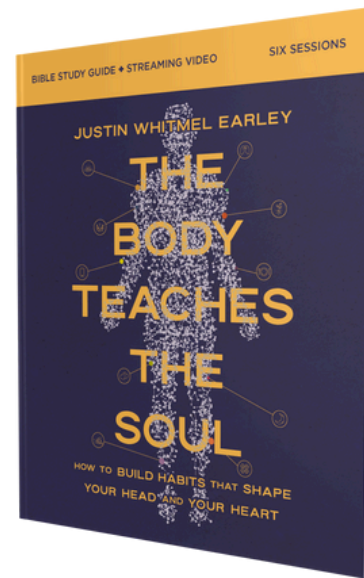


Is *The Body Teaches the Soul* Bible Study right for your group?



Overview

The Body Teaches the Soul is a six-session video Bible study by Justin Whitmel Earley, designed to help participants recover the profound connection between their physical bodies and their spiritual formation. This study gives participants a 42-day step-by-step roadmap to help them build sustainable habits that deepen their daily connection with God and with others. Participants will learn to practice spiritual disciplines like breathing, eating, resting, and exercising in ways that draw them closer to God and cultivate holistic health.

Study Structure

This six-week journey systematically introduces new habits that integrate physical practices with spiritual growth. Each week focuses on a specific theme, providing participants with the tools to build a “rule of life” that honors God with their whole being.

Typical Session Format (60–90 minutes)

- **Welcome & Icebreaker**
- **Video Teaching** (approx. 20 mins)
- **Group Discussion** (approx. 30-40 mins)
- **Respond & Practice** - a short, practical exercise to immediately put into practice.
- **Partner Check-in & Closing** - share progress and hold each other accountable.



Preview Session 1 Now!
<https://bit.ly/4sEk7FD>

Key Features

- 1 Whole-Person Formation:** Expertly designed to address you as a whole person—head, heart, and habits—ensuring that deep theological truths translate into real, sustainable life change.
- 2 Habit-Focused:** More than just a Bible study, you’ll learn practical new habits you can put into practice immediately.
- 3 Scripture-Rich Content:** You will gain a solid biblical theology of your body, grounding every practice and principle directly in the Word of God.
- 4 Built for Community:** Encourages authentic connection, recommending partners to journey alongside you, ensuring that transformation happens in the context of relationship.

Sessions

- **Week 1: Breathing and Mental Health** – Establishes the foundation that the body matters to your spiritual life, introducing practices like box breathing and breath prayers to cultivate inner peace
- **Week 2: Spiritual Rhythms for Eating** – Moves beyond diet culture to explore the biblical rhythms of fasting, feasting, and "ordinary fare" as acts of dependence and delight in God.
- **Week 3: Embracing the Gift of Rest** – Challenges the culture of exhaustion by reframing sleep and Sabbath as essential spiritual disciplines that demonstrate trust in God's provision.
- **Week 4: Valiantly Face Challenges** – Transforms exercise from a worldly pursuit into a spiritual gymnasium where God shapes the soul, teaching us to embrace weakness and find His strength.
- **Week 5: Stay Wholehearted** - Focuses on how to use our bodies in both individual spiritual disciplines and corporate worship, redirecting our hearts toward God in a distracted age
- **Week 6: Trust God** - Reinterprets everything about our bodies in light of Jesus's resurrection, learning to face sickness and death with the profound hope of new creation.

Resources & Recommendations

Materials for Leaders

- A copy of the study guide (with streaming video access), which includes a leader's guide
- Bible
- A dedicated meeting space
- A device to stream the video sessions, like a smart TV, computer, or tablet



Ideal Size:
8-10 participants

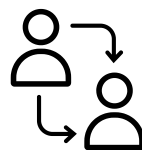


Great for:
Men's groups, women's groups, mixed gender groups

Justin Whitmel Earley is the author of many bestselling books on habits and spirituality, including *Habits of the Household* and *Made for People*, though he spends most days running his business law practice. He lives with his wife and four boys in Richmond, Virginia, where he enjoys a lot of time around fires and porches with friends and is the part owner of a local gym.

Materials for Participants

- A copy of the study guide (with streaming video access) for each participant
- Bible
- A journal (optional, but recommended)



Facilitation:

The leader acts as a facilitator rather than a teacher, guiding the experience and cultivating a safe environment for spiritual growth.

About the Author



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