

LISA WHITTLE

Body & Soul

Leader Guide

A BIBLICAL LOOK AT
THE WHOLE PERSON
GOD CREATED YOU TO BE

Lifeway Press®
Brentwood, Tennessee

©2025 Lifeway Christian Resources. All rights reserved.

Leader Guide

WELCOME! Before you read any further, we want to say how thankful we are for you, the leader. Thank you for your willingness to dive into Scripture, brew the coffee, place the chairs, and set aside the time regularly to meet with other women.

Body and Soul: A Biblical Look at the Whole Person God Created You to Be is a video- and discussion-based Bible study from Lisa Whittle. The teaching videos were filmed around Nashville, Tennessee.

Our goal for this leader guide is to help you feel equipped to facilitate and guide your Bible study group gatherings in a way that fosters genuine community, deep conversations, and transformational learning for you and the women you're leading.

We want to encourage you to use this study however it works best for you and your group. If you want to follow this leader guide to the letter, do that! If you want to do your own thing, feel free! Our goal is to give you all the tools you might need as you lead your specific group in your specific setting.

We are grateful for you and praying for you as you lead this study.

Lifeway Women

A Note from Lisa

With any thematic study like this one, there presents a slightly different element in leading. Thematic studies can tend to be led experience-forward, with the topic as the hero of the study.

Foremost, I encourage you as the leader to keep this study Scripture-centric. This is not an opinion-based study. It is not a Lisa Whittle-based study. It is not a your-thoughts-and-feelings-based study, as good of a leader as you are. It's also not group therapy. This is a biblical look at the whole person God created you to be. This means, the pressure can come off of you as you lead! Truly, you and I are simply relaying and facilitating what the Scripture teaches all of us about biblical whole body theology—body and soul. It does all the heavy lifting. And from that place, our lives are forever changed.

Because this is a big, tender topic, it will be helpful for you to give the the women in your study a few ground-level pieces of understanding at the start of your gathering for Session One.

- **Why study a biblical whole body theology?** A biblical belief system about our bodies forms and informs what we think and believe about ourselves from the Word, not ideas taken from secular culture. This is counter to what most of us have done and most often, it's the missing key step. We may have been taught verses from the Bible about our bodies or souls, but it was likely not presented within a whole biblical framework. A WBT (whole body theology) houses all of our scriptural core beliefs under one roof, systematically structured, so that we understand our why: our design, function, and purpose—the total system—and from that belief system, we make decisions for our bodies and souls. Because the great majority of us have never been taught this proper framework, we have suffered and struggled more than we should in our bodies and souls our whole lives.
- **How is this different from anything else we already know about our bodies/souls?** We may know a lot about fitness, food, supplements, rest, and even neuroscience and body chemistry, but those are body topics, not a whole body theology, from creation to resurrected body. Body topics are important, but they must be housed within a systemic framework or they will not create lasting freedom in our bodies and souls. Our bodies were made by the Creator. Therefore, we must understand the totality of who we are from the root source—the Bible—which informs science and medicine and has for thousands of years.
- **Will my body journey be perfect and will I be “cured” of my weight issues, etc., from now on?** No. Humanity cannot achieve perfection, no matter what we know and learn. But it will change you and your understanding, and that will change your goals and sense of freedom. It also gives you a framework for clearing through the confusion and overwhelm of all the body noise in your head and expert advice to make different body decisions like never before. So you will change and likely so will your body, in ways it can, where there's a need.

I'm cheering for you as you lead *Body and Soul*!

Love,



WEEKLY GROUP MEETING SUGGESTED SCHEDULE

Seven Group Meetings • Meeting Length: 1.5 hours

GROUP SESSION ONE—Introduction: Distribute *Body and Soul* Bible study books, get to know one another, and watch the Group Session One video.

GROUP SESSION TWO—Watch the Group Session Two video. Discuss the video and the Session One personal Bible study.

GROUP SESSION THREE—Watch the Group Session Three video. Discuss the video and the Session Two personal Bible study.

GROUP SESSION FOUR—Watch the Group Session Four video. Discuss the video and the Session Three personal Bible study.

GROUP SESSION FIVE—Watch the Group Session Five video. Discuss the video and the Session Four personal Bible study.

GROUP SESSION SIX—Watch the Group Session Six video. Discuss the video and the Session Five personal Bible study.

OPTIONAL GROUP SESSION SEVEN—Discuss the Session Six personal Bible study and celebrate together!



HOW TO STRUCTURE YOUR GROUP TIME

Each group session contains the following elements. We've included a suggested amount of time based on a 1.5 hour group meeting. Adjust as you need to for the time you have together!

BEFORE THE VIDEO (20 MINUTES) This is a time to greet and welcome everyone to the study. Make sure you spend some time on introductions the first couple weeks of the study to help participants begin to know one another. Depending on your meeting time and space, you might consider providing light snacks during this time to foster fellowship in your group.

WATCH THE VIDEO (20 MINUTES) During this time, play the teaching video, encouraging the women to take notes in the space available on the group session pages.

CONVERSATION GUIDE (50 MINUTES) You'll find two sets of questions in this section. The first set provides an opportunity for your group to review and discuss what you learned in the personal Bible study for that specific week. The second set will help you debrief what you heard in the video teaching. Feel free to adapt, skip, or add questions according to the needs of your group. We encourage you to close your group time with prayer.

HERE ARE A FEW THINGS TO KNOW:

We are so grateful you are willing to lead a Bible study! Because of the topic and nature of this study, it may be a little different than other studies on a single passage or book of the Bible. Lisa touched on this in her note on page 3, but we think it's important to reiterate that this is a study of Scripture. Women in your group will dive into the Bible each week, looking up passages and studying what God has to say about this topic.

A Note About Sensitive Body Issues: Because this study is about the relationship of the body and soul, subjects that may be sensitive for women in your group are likely to come up in group discussion. The Bible study book contains brief references to pornography, sexual abuse, and eating disorders, because these are experiences that may affect women's views of their bodies. These topics are handled carefully and do not include any explicit descriptions.

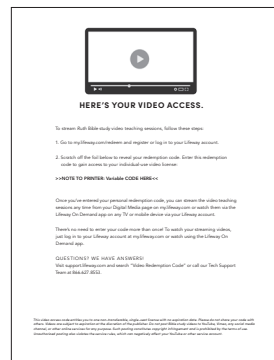
As women in your group process the study content, there may be a tendency for group discussion to drift into topics more appropriate for a counseling session. If you feel the discussion is becoming too personal and veering away from insights about biblical truth, it's wise to gently acknowledge women's feelings about these issues, thank them for sharing, and then redirect the conversation to a passage in the Bible. In the event that a woman discloses information to the group that may require a referral to a professional counselor, we suggest reaching out to your pastor or ministry leader about resources or trusted counselors in the area. Then privately follow up with that woman to share these resources and encourage her to seek the help of a professional counselor or therapist.

Your service as a Bible study leader is to encourage women to seek truth in God's Word. As you prepare for each session, pray. Ask the Holy Spirit to be in control of every conversation and to give you wisdom and discernment to lead effectively and compassionately.

HOW TO WATCH YOUR VIDEOS. The videos for this study are available for streaming through the digital access code on the last page of your Bible study book. Look for the cardstock page labeled **"Here's Your Video Access"** and follow the two steps that prompt you to enter your unique redemption code to gain your video streaming access.

If your group doesn't have adequate internet connection for video streaming, DVD sets are available for purchase at lifeway.com/bodyandsoul.

Each video is intended to be viewed before completing the accompanying week of personal study. We strongly recommend you use the teaching videos as a part of this study,



but you can still discover truth from Scripture and grow in your walk with God by simply doing the print portion if your setting doesn't allow for video.

GET THE WORD OUT. Be sure to advertise the study early and utilize all methods for getting the word out. Post it on your church's website, send emails to potential attendees, and promote it on all forms of social media. It's best to start advertising the study four to six weeks before it begins. The study is six sessions long, which means you will meet seven times. Visit lifeway.com/bodyandsoul for free promotional materials to help get the word out about your study.

SCHEDULE. Be sure to make everyone aware of the schedule ahead of time and start promptly each week to honor everyone's time. In your group time, you will watch the teaching video together and discuss what you're learning. You'll also be encouraged to spend a good bit of time in prayer.

STAY IN TOUCH. Prepare a sign-up sheet with space for names, email addresses, and phone numbers. You may also include information like birthdays, social media handles, and favorite candy so that you can foster community among group members.

GET COZY. Make an effort to create a comfortable environment for group meetings. Arrange chairs in a circle to encourage conversation. If your group is large, you may want to watch the teaching video together and then split into smaller groups for the discussion time. If you choose to do so, enlist discussion leaders for each group to keep the conversation moving and focused.

CHILDCARE. Be sure to check with participants to see if childcare is needed and organize leaders and space for the children in advance.

BIBLE STUDY BOOKS. Each participant will need a Bible study book. Make sure you leave plenty of time for all the books to be ordered and received between announcing and starting your Bible study. Consider offering a scholarship or a buy-one-give-one option for those who cannot afford a study book on their own.

EARLY PREP. We encourage you to read through the entire leader guide before the first session and evaluate how this will work best for your group. Highlight specific questions from the leader guide you want to make sure you cover during your group time. We recommend watching the teaching video sessions prior to your meeting, taking note of anything you may want to highlight from the teaching. And be sure you stay on top of your own personal study between each meeting! We've left room in the leader guide for you to write down additional talking points and questions you want to pull in from the personal study.

PERSONAL STUDY. Between each meeting, there are five days of personal study to complete in the Bible study book. The first day of each week is a "Soul to Soul" day.

Participants will watch a short (approx. 5 minutes) video from Lisa and take a moment to reflect and pray before beginning the week.

EMBODIED ACTIVITIES. Each group session will include an optional embodied activity. These are simple gestures meant to remind you that you are a whole person—body, mind, and soul.

PRAYER. Most importantly, be sure to pray for the women who attend the study. And pray for yourself as you prepare to lead. Ask God for vulnerability, willingness to share, and openness to new ways of thinking.

EVALUATE. At the end of each group session, ask yourself: What went well? What could be improved? Did you see women's lives transformed? Did your group grow closer to Christ and to one another? Also, do a final evaluation at the close of the study.

CONNECT. Find ways to interact and stay engaged with each member of your group throughout the study. Make use of social media, email, text messages, and handwritten notes to encourage them. Continue these connections even after the study ends.

Next, we've provided a discussion guide for each session. Remember these are simply suggestions for how to use your time together. We want to empower you as you lead to do what is best for your group!

DISCUSSION GUIDE

GROUP SESSION ONE

Created in His Image: Imago Dei

BEFORE THE VIDEO

Welcome women to the introductory session of *Body and Soul*. Provide name tags and distribute Bible study books if participants don't have them yet. **MEET AND GREET** one another! This will be an important part of today's meeting, so spend as much time getting to know one another as you can.

DISCUSS THE PERSONAL STUDY

1. As you begin this study, how are you feeling? Are you feeling nervous to talk about the body? Excited? Both?
2. Why did you choose to study *Body and Soul*?
3. What body struggles do you see in the women in your circles? What is the typical reaction to those struggles?

WATCH THE VIDEO

Play the teaching video for Group Session One. Encourage women to take notes in the space available on page 12 or in a personal journal.

CONVERSATION GUIDE

Use the following questions to introduce the study and discuss the Group Session One video teaching. Feel free to adapt, skip, or add questions according to the needs of your group.

4. What are your thoughts about "whole body theology"? What do some of the words inside the house illustration provoke in you?
5. Read Genesis 1:27 together. How does this verse play into how we think and feel about our bodies?

6. After watching the video with Lisa, what questions come up for you that you hope are answered in this study? What do you hope for as you study?

CLOSE WITH PRAYER

Embodied Activity: Open your hands and put your palms up as you pray.

GROUP SESSION TWO

Created for Relationship: The Incarnation

BEFORE THE VIDEO

Welcome participants back to the study. Allow a time of introductions for any newcomers.

Embodied Activity: Take off your shoes as you enter the room as a small symbol of how Jesus had feet like we did when He came as an embodied human and walked the earth.

DISCUSS THE PERSONAL STUDY

1. What about the first week of study on the imago Dei stood out to you? Was anything new for you?
2. Share your answers to the question on page 20, “How does knowing every human bears God’s image change the way you think about your family? Your friends? Your neighbors? Strangers? Your enemies?”
3. What are some ways you image God? How have you seen others image Him?
4. If you’re comfortable, share your imago Dei declarations with one another or read Lisa’s (page 36) together out loud.

WATCH THE VIDEO

Play the teaching video for Group Session Two. Encourage women to take notes in the space available on page XX or in a personal journal.

CONVERSATION GUIDE

5. Read John 1:1-5,14,18 together. What do these verses reveal about God’s character?
6. Why do you think it’s important for our own whole body theology that Jesus was fully God and fully Man, that He had a real body and feelings just like we do?

CLOSE WITH PRAYER

GROUP SESSION THREE

Created for Reliance: The Crucifixion

BEFORE THE VIDEO

Welcome participants back to the study. Allow a time of introductions for any newcomers.

Embodied Activity: Place your right hand on the shoulder of the woman to your right. If possible, gather in a circle, so that everyone has a hand on their shoulder. As you pray together to open your time, pause for a moment for everyone to say a prayer for the woman to her right.

DISCUSS THE PERSONAL STUDY

1. Did anything about this week of study on the incarnation surprise you? What did you learn about Jesus's witness?
2. Read Colossians 1:15-23 together. What characteristics or attributes of God do you see in this passage that are emphasized in Jesus's incarnation? Meaning, how does His coming to earth as a human demonstrate these characteristics?
3. How did the "witness timeline" encourage you? What does it tell you about how God feels about His children?
4. Look back at the connection points in Day Five of the study this week? (Hint: see the "Christ's embodiment . . ." sentences on pp. 59 and 62). How have you seen these connection points play out in your life?

WATCH THE VIDEO

Play the teaching video for Group Session Three. Encourage women to take notes in the space available on page 38 or in a personal journal.

CONVERSATION GUIDE

5. In the video, Lisa said, "How you view the Lord's body and your own body and how they relate affects everything, down to the way you eat, rest, exercise, live your sexual life, and all other physical matters." Do you agree or disagree? Discuss it with your group.

6. What messages have you received regarding your body (or bodies in general)? Do they tend to be bullying, placing conditions and pressure? Or do they tend to fall more into the camp of body positivity? How have you seen those messages fall short?

CLOSE WITH PRAYER

GROUP SESSION FOUR

Created for Consecration: The Indwelling

BEFORE THE VIDEO

Welcome participants back to the study. Allow a time of introductions for any newcomers.

Embodied Activity: Place your hand on your chest and pray. Say, “My body houses the Spirit of God.”

DISCUSS THE PERSONAL STUDY

1. What did you learn about Christ’s crucifixion as it relates to your own body this week?
Did you have any lingering questions about that relationship?
2. Read Luke 22:39-46 and 23:44-49 together as a group. Spend a moment in prayer as a group, thanking God for sending His Son to die so that we might live.
3. How did the study regarding yokes and abundant life in Day Three encourage you?
How did it challenge you?
4. In what ways do you live in an “it is finished” mentality? In what ways are you living “in the process”? How does it change your thoughts and actions to live in the truth of both those realities?
5. What does it really mean to love your body?

WATCH THE VIDEO

Play the teaching video for Group Session Four. Encourage women to take notes in the space available on page 94 or in a personal journal.

CONVERSATION GUIDE

6. What feelings or thoughts does the phrase “the body is the temple of the Holy Spirit” provoke in you?
7. What would change in your life (or what has changed) if you thought of your body as a sacred space? How would your thoughts change? Your habits?

CLOSE WITH PRAYER

GROUP SESSION FIVE

Created for Unity: The Body of Christ

BEFORE THE VIDEO

Welcome participants back to the study. Allow a time of introductions for any newcomers.

Embodied Activity: Ask the group members to join hands and sing a simple worship song together and end in prayer. Consider short hymns that talk about unity if your group knows them such as “We Are One in the Bond of Love” or “Blessed Be the Tie that Binds.”

DISCUSS THE PERSONAL STUDY

1. Read 1 Corinthians 6:19-20 together. How familiar are you with this verse? How have you thought or been taught about it previously? After this week of study, how are you thinking differently about Paul’s words?
2. How does the truth of the gospel change the way you think about your body?
3. Look up 1 Corinthians 6:20 again. How does really honoring the reality in the first part of this verse compel you to live out the second part of this verse?
4. Discuss what you learned in Day Four on our true enemy and core problem. How does it discourage and/or encourage you that our core problems aren’t in our physical being?

WATCH THE VIDEO

Play the teaching video for Group Session Five. Encourage women to take notes in the space available on page 126 or in a personal journal.

CONVERSATION GUIDE

5. What has been your previous experience with the church, the body of Christ?
6. Did any of the facts Lisa read about how our physical health is affected by our relationships surprise you? How have you seen that connection in your own life?

CLOSE WITH PRAYER

GROUP SESSION SIX

Created for Glory: Your Whole Personhood

BEFORE THE VIDEO

Welcome participants back to the study. Congratulate women on completing the whole study. This is a time of celebration!

DISCUSS THE PERSONAL STUDY

1. Read 1 Corinthians 12:12-27 together. How have you seen the church (maybe even specifically your local church) live out these verses well?
2. If you've already taken a spiritual gifts assessment, discuss your results with the group. If you haven't taken one, go to lifeway.com/spiritualgifts to find a survey (listed under "Free Resources." Spend a moment taking the survey and then discuss your results. Were you surprised by any? Encourage one another by sharing ways you've seen the giftedness of the others in your group.
3. If you're comfortable, share the results of your inventory on page 146 with the group. How can you help one another grow in these areas?

WATCH THE VIDEO

Play the teaching video for Group Session Six. Encourage women to take notes in the space available on page 152 or in a personal journal.

CONVERSATION GUIDE

4. How does thinking about our resurrected bodies excite you? Does it cause you any fear or trepidation?
5. Discuss your own freedom roads. How has this study helped you to journey further down that path?
6. Has your view changed on what it looks like to give God glory in and with your body? If so, how so?

CLOSE WITH PRAYER

Embodied Activity: Lift your arms to heaven as you pray, as a reminder of our future home with restored and redeemed bodies.

OPTIONAL GROUP SESSION SEVEN

Closing Celebration

DISCUSSION GUIDE

1. Read 2 Corinthians 5:1-10 together. What emotions do these verses provoke in you?
2. Discuss your answers in the chart regarding our design, function, and purpose.
3. Look up 1 Corinthians 10:31. What does this verse tell us about how we are to treat our bodies? What does it mean to “do everything for the glory of God”? How does that look in each of your lives?
4. Share with one another how you filled in the mindset chart. Which mindset do you most often struggle against? How can the group (and Scripture) help you fight that mindset?
5. What has changed about the way you think about your body and soul as you’ve worked through this study? How can the group continue to pray for you?

CLOSE WITH PRAYER

Embodied Activity: For this week’s embodied activity, consider standing or sitting with your arms around one another in a sort of group hug. Celebrate the hard work you’ve done the last several weeks. Pray, thanking God for making you in His image, asking Him to help you live for His glory.

FINISHING WELL

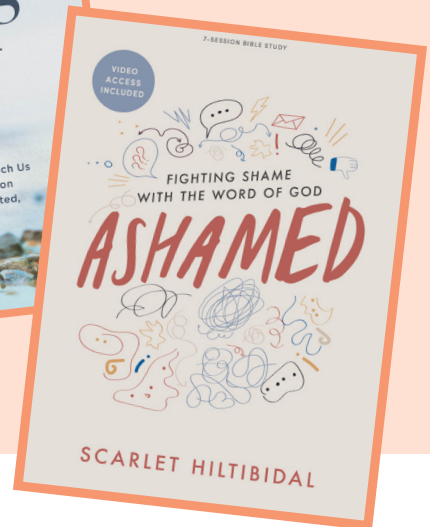
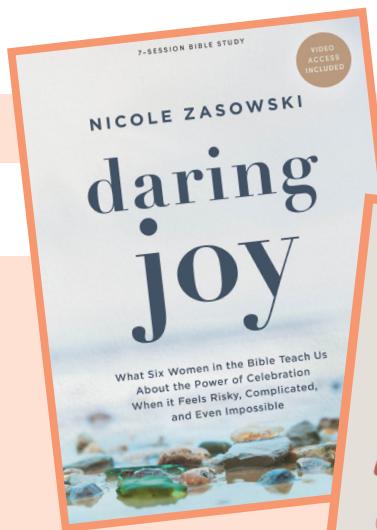
NEXT STEPS Even after the study concludes, follow up and challenge women to stay involved through another Bible study, church opportunity, or anything that will continue their spiritual growth and friendships. Provide several options of ministry opportunities the members can participate in individually or as a group to apply what they have learned through this study.

WHAT'S NEXT?

If you enjoyed this study, here are two more we think you'll like.

lifeway.com/daringjoy

lifeway.com/ashamed



INTRODUCING BIBLE STUDIES *with* VIDEO ACCESS INCLUDED!

As trends in media consumption change from DVDs to streaming video, Lifeway made the decision to invest in technology that would allow for Bible studies to be accessed through mobile devices and smart TVs in addition to our website.

The concept of a Bible study book with video access allows us to use the technology to give all participants easier access to teaching videos. This will alleviate a concern we have heard from many group leaders of members who stop coming to their group after they miss a week of study.

HOW WILL CUSTOMERS ACCESS THE VIDEOS THAT COME WITH THEIR BIBLE STUDY BOOK WITH VIDEO ACCESS?

There is a unique access code printed in each Bible study book. They will access their video content at my.lifeway.com or through the Lifeway On Demand app.

HOW LONG WILL THEY HAVE ACCESS TO THE VIDEOS THAT COME WITH THEIR BIBLE STUDY BOOK?

There is no expiration date on the video access that comes with their Bible study book. They'll be able to access it as long as it is available through our Lifeway On Demand video apps.

WHAT ARE THE BENEFITS OF VIDEO ACCESS BEING INCLUDED IN EACH BIBLE STUDY BOOK?

- This provides more flexibility for group meeting time. Groups now have the option to have group members watch video sessions outside of group meetings to allow more time for discussion.
- If a group member misses a weekly group meeting due to sickness or travel, they will be able to access the video content on their own and continue in their study.

- Group members can re-watch video sessions that were particularly impactful on their own time.
- This simplifies what a group leader needs to facilitate Bible study. You'll now get everything you need with just the Bible study book.
- Our goal is to provide an affordable option for both individuals and churches who are looking for Bible study options.

WHAT DO CHURCHES AND INDIVIDUALS NEED TO LEAD A GROUP?

Each group member will need a Bible study book, which will include video access. There is also a DVD option for groups who want a non-streaming viewing option. In addition, select studies provide a Video Streaming - Group option for groups who choose not to use the Bible study books. For the best experience, we recommend each group member have a Bible study book.

WHEN DO GROUP LEADERS NEED A DVD SET?

Because the Bible study book includes video streaming access, the purchase of the DVD set is optional (not essential) for group leaders. This option is for groups who may not have reliable streaming internet access.