

The Body Revelation Discussion Guide

Chapter 1: The Fire of Your Desire

1. What life desires leave you feeling chronically disappointed and cause you pain?
2. How has the pain of unmet desires affected your mind (thoughts), soul (what you desire), and body?
3. List some areas of pain in your life that could use Jesus' transforming love.

Chapter 2: The Calorie Burn

1. How have God's love and energy changed you?
2. How does knowing you are more energy (unseen) than solid matter (seen) change how you consider the kind of energy you consume?
3. On a scale of 1–10 (1 being lowest, 10 being highest), what's your average energy level each day? How could living from faith improve your energy level and body health when it comes to your thoughts, feelings, and choices?

Chapter 3: God's Transforming Fire

1. How does knowing that energy can't be created or destroyed but only transformed or transmitted change the way you think about your body's health?
2. When it comes to your health, what would it look like for the Holy Spirit to take the pain of your adversity and turn it into joy?

Chapter 4: God's Burning Desire for You

1. What thoughts or feelings come to mind when you hear the phrase "God desires you"?
2. List all the emotions you feel when you desire things that make you feel good in the moment

but don't offer lasting benefits.

3. God wants to transform your life's disappointments into the fuel for your divine destiny. How does thinking this way about your struggles change your view of pain?

4. What Bible passage in this chapter spoke to you most? Write it down and explain what God is specifically saying to you through that verse.

Chapter 5: Pain and the Early Body and Brain

1. Would you say you are more of an "expresser" or "repressor" (see page 59) when it comes to responding to your emotional pain?

2. Do you agree with Alisa that it's critical for every person to have an embodied knowledge of God's love? If so, what is one method from the first five chapters you would like to try to grow closer to Him?

3. How might the Adverse Childhood Experience (ACE) Questionnaire be helpful for someone seeking to better understand their struggles? You can respond generally or explain what you've learned about the effects of ACEs on your own life.

Chapter 6: How Pain Changes Your Body and Brain

1. How does knowing your brain is mechanical but your mind is the real driver of your life change the way you view your health?

2. Now that you know the difference between your brain and mind, what does God want you to do?

3. In your life, would you say you've experienced more little *t* or capital *T* traumas? How do you think these events have affected your physical and emotional health (see list on page 69)?

Chapter 7: Where Pain Goes in Your Brain

1. Are you more likely to use the gas pedal (fight or flight) or the brakes (freeze)? Why?

2. What are some of the thoughts and behaviors you fall back into when you're on the valley floor?

3. Describe what it would be like for you to live with a body that thinks, feels, and chooses from a mountaintop perspective. How would your life be different?

Chapter 8: Tension vs. Pain

1. How do you know the difference between tension and pain in your body? (Try to explain the difference in terms of how they feel.)
2. Think through your daily routine. What times bring the most stress or tension? What would life in your body be like if you could subdue (bring to order) and keep dominion (take out the trash)?
3. How does knowing that before sin entered the world, God created the world with tension (the presence of opposition) change the way you view your pain?

Chapter 9: Feeling Your Feelings

1. Which of the four horses (mad, bad, sad, scared) come for you most often? What feelings are associated with that emotion? How would you describe its felt sense in your body?
2. Why is God asking you to come to Him to feel?

Chapter 10: Extinguishing Pain

1. Do you show any signs of chronic inflammation (see page 108) that may be due to your high intake of sugar and/or processed foods?
2. Think of a time you know your actions pleased God's heart. How did that experience compare to the pleasure you get from tasty food?
3. As you learn to focus on your breathing and let God have access to your pain, how might your health and the choices you make be positively affected by these practices?

Chapter 11: Kindness and Self-Compassion

1. Make a list of the ways God has been kind to you.

2. In the past, what have you done to change your body that hasn't been kind?
3. How does knowing that you have access to God and His kindness change the way you will approach your health?

Chapter 12: Mindfulness and Mindful Movement

1. How attached are you to busyness? How comfortable are you with being still? Why?
2. Do you study and/or meditate on God's Word? How does each feel to you?
3. How could the practice of being still or engaging in mindful movement be helpful for you? What are some specific ways this could improve your body's health?

Chapter 13: Humility, Not Humiliation

1. Jesus says, "Those who exalt themselves will be humbled, and those who humble themselves will be exalted" (Luke 14:11, [NIV](#)). What does this verse mean to you?
2. Think of a concern you have about your body. Then answer these two questions:
 - a. Is what you are thinking, feeling and choosing kind? If the answer is no, what could you do to change it into something kind?
 - b. Will this matter in a thousand years? Think more eternally. How does God want to humble you to see the matter of your body from a higher and heavenly place?

Chapter 14: HELP! A Four-Letter Word

1. Think of a difficulty you've experienced sometime in the last few years. How easy has it been for you to ask for help?
2. What negative emotions (mad, bad, sad or scared), feelings (expressions of those emotions), and felt sense in your body (tight, constricted, tingly, fluttery) show up when you reach out for help?

3. When it comes to your health, where do you see learned helplessness affecting your thoughts and behaviors?
4. Based on what you've read in this chapter, what do you think God wants you to know about the help He provides?

Chapter 15: Keep Going; It's Only a Test

1. In the past, how have you been tested when you started taking steps to improve your health?
2. How will you respond differently now that you know such tests will surely come?
3. How can you keep from living unaware of Satan's schemes? Why does he not want you to live well and free from your pain?

Chapter 16: Working from Rest

1. Have the difficult events you've lived through affected your sleep? If so, how?
2. Read 1 Kings 19. How does Elijah's story of fatigue resonate with you?
3. How do you rest during the day, especially in stressful moments? If taking time to rest feels unnatural, ask God what He would like you to do and then record what you sense Him telling you. Try to write as if He were talking directly to you.

Chapter 17: No Longer Orphans: Your New Identity

1. What does having an orphan spirit mean to you?
2. How would life in your body, regarding your body, change if you lived like a child of God?
3. Which of the four "house rules" in God's Kingdom (see page 187) is hardest for you?

Chapter 18: Your New Reality

1. How does the reality of an unseen world that doesn't operate like the seen world change the

way you view your body and health?

2. If you were to partner with faith (the unseen world) when you feel pain what would that look like?
3. Do a Google search for “Bible verses about faith.” After reading several passages, answer this question: What does God want you to know about faith?

Chapter 19: Forgiveness and the Party Poopers

1. Who or what comes to mind when you hear the word *forgive*?
2. How might unforgiveness be playing a role in your physical health?

Chapter 20: Telling Yourself the Truth

1. What self-defeating lie(s) do you fall prey to most often? If you’re not sure, see pages 214–215 for a list of common deceptions.
2. What is most likely to prevent you from improving the way you think: surface survival living, imposter syndrome, or overcrowding of negative thoughts?
3. When it comes to taking your thoughts captive, which takeaway from this chapter did you find most helpful?

Chapter 21: Don’t Lose the Keys

1. How is the authority of Jesus different from the authority of men?
2. Who do you say Jesus is? Who does He say you are? And what has Jesus given you authority over when it comes to your physical health?
3. What would more intimacy with God mean for you?

Chapter 22: Have a Vision for Your Future

1. Alisa talks about the need to be sure we see our bodies, our goodness, and God correctly. Of the three, which would you most like to work on? Why?
2. So that you can work toward the vision for your future that God has put on your heart, how might you combine the act of visualizing with taking concrete actions toward your goals?
3. Select one of the following Scripture passages: Psalm 139:13-16, Isaiah 41:10, Matthew 11:29, Galatians 4:6-7, or Ephesians 2:10. Read through it slowly and then work through the TIP (Think in Pictures) exercise on page 244.

Chapter 23: Words Create Your World

1. How often do you think or say unkind things about your body?
2. Pick one of the proverbs about our bodies and our health (see pages 253–254). Now TIP it! Think in pictures by drawing out the verse on a piece of paper. Once finished, consider putting that picture somewhere you need to see it to remember it.
3. Ask the Holy Spirit to show you a picture of what negative words do to you and what kind words do to you. Then describe or draw those images.

Chapter 24: Celebrate!

1. As you've worked through this book, in what ways have you begun to metabolize your pain to improve your health? Your joy?
2. When it comes to your body's health, what does it mean for you to have the joy of the Lord as your strength?
3. What will you do the next time you experience pain?