

Choosing Holiness

Deuteronomy: Choose Life | Week Fifteen | Deuteronomy 14:1–21

THE BIG IDEA

God teaches us about holiness through how we understand and use our bodies. Our bodies are not neutral and not projects to perfect. They are gifts from the God who made us, and in Jesus he has already made us clean.

THE SERMON IN A BREATH

Moses carries worship into the most ordinary places: the graveside and the dinner table. Israel was not to cut themselves or shave their heads for the dead, because their bodies bear God's image and death does not get the final word. The food laws put God in the middle of every meal, so each choice became a visible lesson in holiness. Jesus later declared all foods clean, named the heart as the real issue, touched the unclean and made them whole, and gave his own body so that we are already clean.

WHERE EACH QUESTION IS HEADING

- **Questions 1 to 3.** Warm the room and close the loop on last week's step.
- **Questions 4 and 5.** First impressions only. Split the reading four ways.
- **Questions 6 to 8.** Identity before instruction, then grief with hope, then how we see our bodies. Let people pass on question 8.
- **Questions 9 and 10.** Everyday routines as worship, then outward rules versus the heart. Push for one specific routine.
- **Question 11.** Ordinary lives are visible. End with a real person each of us will honor this week.
- **Question 12.** The gospel turn. If time is short, cut a question above, not this one.

TIME BUDGET

Share life	15 min	Back to Jesus	8 min
Setting the scene	5 min	Application, written	4 min
Read the Word together	12 min	Pray together	10 min
Study the Scripture	31 min	Total	85 min

TWO THINGS TO WATCH

- **Bodies carry real pain.** Verse 1 and question 8 may touch grief, body image, eating struggles, or self-harm. Do not press anyone to share. Follow up privately with anyone who seems stirred, and loop in a pastor.
- **Not a food debate.** The point is not a diet or a new set of rules. Jesus declared all foods clean and Romans 14 gives freedom. Keep landing on the heart and on Jesus, who makes us clean.