

STUDY GUIDE

GET FIT 1.4.15

[set up]

In our new series, Get Fit, we will be focusing on 7 areas of fitness: Spiritual, Emotional, Mental, Physical, Financial, Relational, and Rhythmic fitness. In which area do you feel most fit? Least fit? Why?

Read I Timothy 4:7b-8. Compare and contrast the value of physical fitness to spiritual fitness. How do the 2 connect and support one another?

Ask each person to fill in the blank: When I am spiritually fit I will have more _____. (As the LifeGroup leader, write down what each person in your LifeGroup says as the members fill in the blank.)

[digging deeper]

Read Acts 2:42-47. As a group, brainstorm as many elements/factors as you can see in the text that describe the lifestyle of people involved in the Jerusalem church. Write down at least 7-8 on a giant Post-it or legal pad and place it so that everyone can see the list. As a LifeGroup, give yourselves a grade on each element and discuss how you could grow as a LifeGroup in each area.

In the message from the weekend, we learned that one discipline we must develop to get fit spiritually is “Read your Bible and pray.” Bring copies of CVC’s Two Year Tour through the Bible to hand out. Ask your LifeGroup to discuss the benefits of everyone using the same Bible reading plan over the course of the year.

In the message, we were taught a Live New Journal approach to journaling in our time with God:

- Learn – Write down a verse that stands out to you. (In this case, Romans 12:2.)
- Inspect – What is God saying to you through the verse you wrote down?
- Value – Write down how you will apply this verse to your daily life.
- Express – Write a prayer based on the verse and ask Him to help you apply its truth.

Using that approach, take 5-7 minutes and ask for each person to create a journal entry based on Romans 12:2. Then, take some time for 3-4 people in the LifeGroup to share their insights. (Make sure that you focus on how “Read your Bible and pray” is connected to what Romans 12:2 says about “renewing your mind.”)

In the message from the weekend, we learned that a second discipline we must develop to get fit spiritually is “Love your brothers and sisters.” A special emphasis was placed on encouraging one another. Read Hebrews 10:24-25. Ask, “When and how did someone give you a special word of encouragement when you most needed it?”

In the message from the weekend, we learned that a third discipline we must develop to get fit spiritually is “Have New Life conversations.” Divide your LifeGroup into 5 groups. Assign to each group a passage of scripture: Matthew 28:19-20; Acts 1:8; Romans 1:16; and Romans 10:1, 13-15; and II Corinthians 5:17-20. Ask each group, from the passage assigned to them, to discuss what God is asking/expecting from us and what adjustments we need to make to be more and more obedient to Him.



[living it out]

Ask each person in the LifeGroup to share their plan for personal Bible reading and prayer for 2015.

Ask the members of your Life Group to think of someone they know who needs encouragement. If appropriate, they can share the circumstances. Then ask, “What is God leading you to do this week to encourage someone?”

Discuss what the people in the group like about CVC’s New Life 10|24 emphasis for 2015 – 10,000 lost people being prayed for and 24,000 New Life conversations.

Encourage the members of your group to fill out and hand in the New Life 10|24 prayer card. (Bring enough copies from the church for everyone in your group.) Encourage the members of your group to set a goal of having 2 New Life conversations a month in 2015. Take the time to talk as a group about the special training that will take place on January 31. Make plans to attend as a group and to sit together.

Spend time praying for one another to exercise the major spiritual muscle groups throughout 2015: 1) Read your Bible and pray, 2) Love your brothers and sisters, and 3) Have New Life conversations. Pray specifically for some of the names of people you know who need New Life in Christ. As the LifeGroup leader, end the prayer time by asking God to grant to your members their desire for spiritual fitness (the fill in the blank) they mentioned in the “set up” section of this study.