



STUDY GUIDE

GET FIT 2.15.15

[set up]

**LifeGroup Leader Reminder:* As you prepare to take your LifeGroup through this study, remember that this guide is provided in the hopes that you will customize it based on the insights you have of your group. You can dig deeper by studying in advance for additional references, study helps and applications or you can trim it down and focus on one section that you feel your group needs to discuss and grow in. It's your study "guide". Modify as much as you want and have fun with it!

Any New Life 10|24 stories to share (people you have been praying for/new life conversations you've had?)

What would you do for 24 hours if the only criteria were to do that which was most life-giving to you?

[digging deeper]

Our last message in the Get Fit series was on "Rhythmic Fitness", applying God's principle of Sabbath into our rhythm of life. Review the primary teaching passage in Exodus 20:8-11.

You would think as one of the 10 commandments these instructions on Sabbath would be taken more seriously. Why then do so many people in our society neglect to apply a rhythm of rest or Sabbath in their lives? What reasons do you think are at the root of this failure to rest and Sabbath? Obviously God was not tired and did not require rest, so why did He Sabbath (which means "cease" or "stop") and set aside a distinct day? How and why did He model this pattern for us?

In the Jewish Old Testament law, the Sabbath is to be practiced from sundown on Friday to sundown on Saturday (even for the practicing Jewish population today). Yet Christians tend to worship on Sunday. Is the principle of Sabbath a command of *when* to worship? Why do Christians worship on Sunday? Did the New Testament church always worship on Sunday? So what general principles can we gather from these insights? (Read the following verses for Scriptural support: Acts 20:7; 1 Cor. 16:2; Acts 2:46, 47.)

There are some people who are actually very strict and judgmental when it comes to the Sabbath (forced silence, super-spiritual emphasis, extremely withdrawn, legalistic about Sabbath). What do these verses teach us about how to approach the Sabbath? Col. 2:16, Rom 14:5-7; Mark 2:23-28

In Mark 2:38 above, Jesus says He is the Lord of the Sabbath. If Jesus is the Lord of the Sabbath, therefore the Lord of rest, then how do we find rest in Jesus? (Matt. 11:28-30)

Read through the following quotes (Taken from Pastor Tim Keller - *Every Good Endeavor: Connecting Your Work to God's Work*) Circle/underline/highlight anything that really helps deepen your understanding of Sabbath:

- *We are also to think of Sabbath as an act of trust. God appointed the Sabbath to remind us that he is working and resting. To practice Sabbath is a disciplined and faithful way to remember that you are not the one who keeps the world running, who provides for your family, not even the one who keeps your work projects moving forward.*
- *"Anyone who cannot obey God's command to observe the Sabbath is a slave, even a self-imposed one. Your own heart, or our materialistic culture, or an exploitative organization, or all of the above, will be abusing you if you don't have the ability to be disciplined in your practice of Sabbath. Sabbath is therefore a declaration of our freedom. It means you are not a slave—not to your culture's expectations, your family's hopes, your medical school's demands, not even to your own insecurities. It is important that you learn to speak this truth to yourself with a note of triumph—otherwise you will feel guilty for taking time off, or you will be unable to truly unplug." (Tim Keller)*

Circle two words which best describe your understanding of Sabbath for today and explain why you chose the words you did:

Required	Wise	Joyful	Necessary
Beneficial	Refreshing	Strict	Obedience
Boring	Still	Religious	Healthy

[living it out]

(Taken from Sunday's response card content)

- Which day is typically your day to rest/Sabbath? _____
- What do you need to say no to so you can say Sabbath? _____
- What do you need to say yes to so you can Sabbath? _____

Get fit re-cap and wrap up. As you reflect on the Get Fit series, review the weekly themes and big ideas of each week. Put a check mark next to the area that you have felt great strength in. Circle the area that God has impressed upon you as your greatest area of growth.

- Spiritual Fitness – Read the Bible, pray, love your brothers and sisters & have New Life Conversations.
- Emotional Fitness - The key to emotional fitness is *exercising* prayer
- Mental Fitness – A fit mind thinks through a *Gospel* filter
- Physical Fitness - Be the *most* fit version of me, for God's use and God's glory.
- Financial Fitness - If Christ is *in* you, then generosity will flow *from* you
- Relational Fitness - For *More* fit relationships have *Less* of self
- Rhythmic Fitness (this Sunday) – Without a break you'll break.

What has been one action step from the last 6 weeks in this series that you have seen fruit in your life already?

Close your time in prayer as a group and pray for each other in the areas of needed growth from above. Also lift up the names of those you are praying for on your New Life 10|24 card.