

# STUDY GUIDE

## GET FIT 1.25.15

### [setup]

This last weekend we tackled the issue of Physical health in our “Get Fit” series. Why do so few churches teach on this topic?

Share a victory and a discouragement related to this are in your life.

### [digging deeper]

Why is the area of physical health (food, exercise and rest) such an area of struggle for so many people?

What are the most common motivators that help people gain momentum in this area?

Sunday, the motivations to live on mission for Christ and to give God glory were addressed. Why are these two motivations not often on the radar for people to consider when it comes to physical health? How do these motivators connect to our mission to invite people to new life in Christ and our 10|24 Initiative for 2015?

What does it mean to be the most fit version of me that I can be? How does that apply to someone with severe health issues or disabilities?

Split your LifeGroup into 3 smaller groups and divide the list of verses below between you. Take some time, even in different rooms in possible and come back with a list of principles related to physical health that you can apply from your verses. Have a spokesperson for your group share your insights.

Prov. 25:28;  
1 Cor. 6:19, 20  
1 Tim. 4:8  
3 John 1:2

Mark 12:30  
1 Cor. 10:31  
Heb. 12:1  
1 Cor. 9:24-27

1 Cor. 6:12  
Phil. 3:13, 14  
2Peter 2:19b  
2 Tim. 1:7

### [live it out]

Take a few minutes now on your own. Review the three questions below and the list of possible next steps. Write down any thoughts and pick a next step. Based on your comfort level, share you answers with your LifeGroup.

### [review questions]

- Does my level of physical activity glorify God and increase my usability for His purposes?
- Does my food intake (quantity & quality) glorify God and increase my usability for His purposes?
- Do I have a healthy “Gospel Filter” in this area of my life (my worth is not based on my image but on the way Christ made me and loves me)?

## [next steps]

- Set a personal health goal and pursue it
- Put a sign on your refrigerator and pantry doors with a motivating picture, phrase or question that will help you steer clear of unhealthy eating habits.
- Start a home exercise program (buy videos or get an online program)
- Join a gym. Walk more. Register for a race.
- Get a fitness coach
- Set up an appointment with a counselor
- Download and use a food and exercise monitoring app like myfitnesspal or similar.
- Buy and use a Fitbit.
- Get a book on health and fitness and apply 3 principles you learn from it
- Spend extended time praying prayers of surrender – lay down the deeper issues
- Get a fitness partner for encouragement and accountability
- Find a program on a health website, learn it and attack it!

Take prayer requests related and unrelated to the topic and close your time in prayer.

## [resources]

### A few health resources from a Christian perspective

Christianity Today articles and blogs <http://www.christianitytoday.com/ct/topics/p/physical-fitness/>

Made to Crave book, blogs and website - <http://madetocrave.org/>

The Lord's Table - <http://www.settingcaptivesfree.com/courses/lords-table/>

The Daniel Plan - <http://www.danielplan.com/>

### A few leads on better eating resources

<http://www.thegraciouspantry.com/>

<http://www.cleaneatingmag.com/>

<http://www.eatingwell.com/>

### A few leads on online fitness resources:

<http://www.bodybuilding.com/>

<http://www.beachbody.com/?e=370500>

<http://dailyburn.com>

### A few of the Local offerings:

Mission Fit CVC group (ladies only) <http://cvconline.org/images/uploads/LifeGroupsBrochure.pdf>

<http://www.36024hourfit.net/> (affordable)

<http://www.planetfitness.com/gyms/parma-oh-273> (affordable)

Find the a local Rec Center or YMCA center near you

### A few of the zillion books:

*My True Reflections* by CVC's Woman's Ministry Director - LeighAnne Brisbin  
(At CVC info center – donations accepted)

*Everybody Matters* by Gary Thomas

*Made to Crave* by Lysa TerKeurst