

# STUDY GUIDE

## GET FIT 2.8.15

### [setup]

*\* 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!*

*\* Note: If you have upper elementary kids or teens, this could be a great study to include them since choosing friends is such a "real time" issue in their lives.*

Any New Life 10|24 stories? (People you're praying for or New Life conversations that you have had?)

Take a notepad or even large piece of paper and draw a line down the middle. On one side write "Traits present in healthy relationships" and on the other side "Traits present in unhealthy relationships" Take a few minutes and brainstorm as a group all the traits you can for each side. Pick a person in your LifeGroup to be the "scribe" and write down all the ideas that your group shares.

Have each LifeGroup member write down a word from each side of the list that they personally have brought into their relationships. Invite a few members to share the words that they wrote down

### [digging deeper]

The primary passage taught this last weekend on "Relational Fitness" was Phil. 2:3-11  
Read the passage together and share a few insights that you remember from this weekend or from reading right now that can help us have more "fit" relationships.

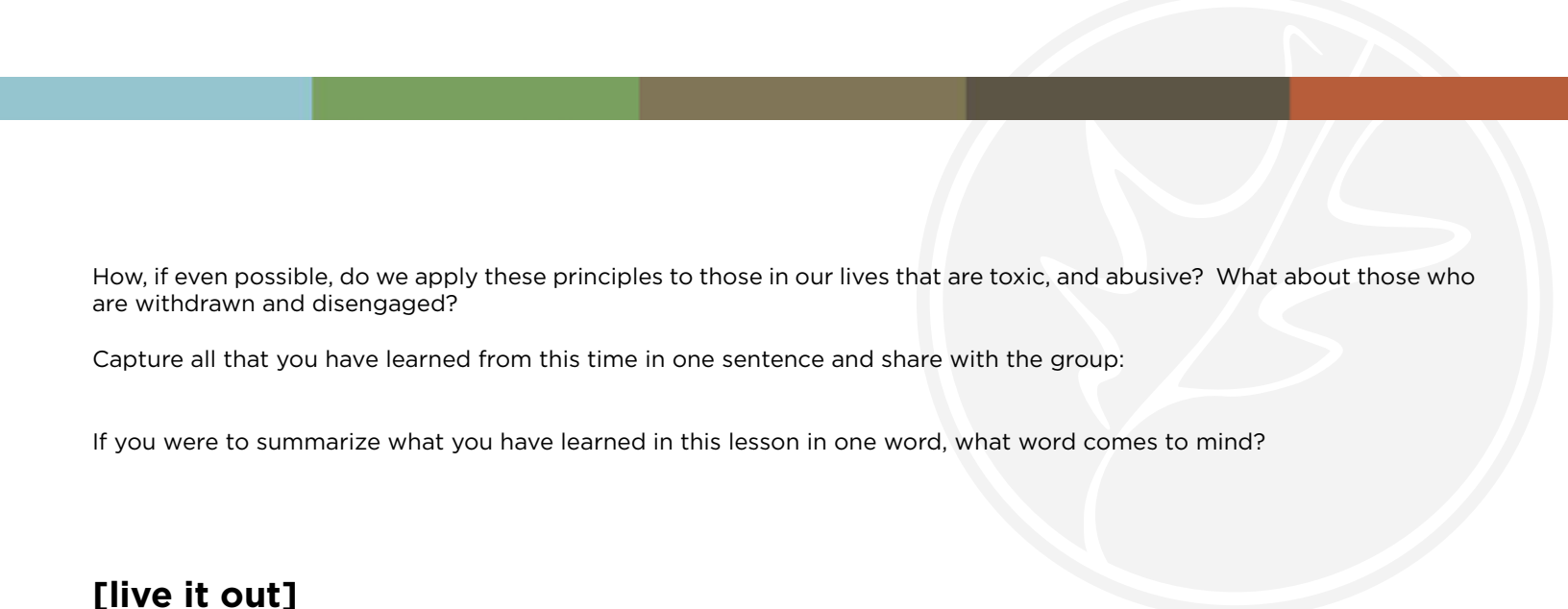
Find words or phrases in this passage that you find difficult to live out in your relationships. Find words or phrases in this passage that give you great hope in relationships.

Why is Vs. 5 so critical to understanding how to apply verses 3-4?

What do we see here about Jesus modeling the ultimate trait for fit relationships? What benefits did we receive because He did this? What Benefit did Jesus receive?

Choose as many verses from this list as time allows and find the relational principle in one. You can even divide and conquer by each person taking a verse or pairing up and taking several per pair and sharing the answers with the rest of the group.

- |                |                             |
|----------------|-----------------------------|
| Gal. 5:14      | relational principle: _____ |
| Eph 5:21       | relational principle: _____ |
| 1 Peter 3:8    | relational principle: _____ |
| 1 Peter 5:5    | relational principle: _____ |
| 1 Cor. 13:4,5a | relational principle: _____ |
| 2 Cor. 8:9     | relational principle: _____ |
| Rom. 15:1-3    | relational principle: _____ |
| James 3:14-16  | relational principle: _____ |
| 2 Tim. 3:1-5   | relational principle: _____ |
| John 15:13     | relational principle: _____ |
| Rom. 12:10     | relational principle: _____ |

The header features a horizontal bar with four colored segments: light blue, green, brown, and orange. To the right, a large, faint circular logo is visible, containing a stylized white figure that appears to be a person or a symbol of faith.

How, if even possible, do we apply these principles to those in our lives that are toxic, and abusive? What about those who are withdrawn and disengaged?

Capture all that you have learned from this time in one sentence and share with the group:

If you were to summarize what you have learned in this lesson in one word, what word comes to mind?

## **[live it out]**

The hardest part about relationships is that it takes two people to truly experience a fit and healthy relationship. Despite that truth, who had God put on your mind and what has God impressed on your heart during this time?

What one relationship do you feel you need to invest in most after this time? What is a practical and tangible way you can apply your one word summary to that relationship in the next 24 hours?

Close your time praying for each other and our relationships. Pray for us to follow Christ's example in our relationships and to learn how to be more selfless toward those in our lives. Also pray for a few people on your New Life 10|24 card.