

I WAS _____
NOW I'M NOT.

I Was Fit. Now I'm Not.

1 Corinthians 6:19-20; Genesis 3:8; Matthew 4:18-20

Main Point

To be spiritually “fit” is to engage daily with Him in both physical and spiritual connection.

Open Doors

As your group time begins, use this section to introduce the topic of discussion.

Is there someone you look up to that you would consider “physically fit”? What do you admire about them?

Is there someone you look up to that you would consider “spiritually fit”? What do you admire about them?

How do these admirations differ?

Digging In

Discuss the biblical text to discover what the Scripture says and how we are to apply what we learn.

Ask someone to read 1 Corinthians 6:19-20.

How should we understand the phrase, “Your body is a temple of the Holy Spirit who lives in you”?

What do you find challenging about this truth? What do you find hopeful?

Ask someone to read Genesis 3:8.

Have you ever considered “walking with the Lord” as actual, physical exercise? What do you learn from these verses about what it means to walk with God?

Ask someone to read Matthew 4:18-20.

What does Jesus promise here? How easy is it for you to “leave your nets to follow Him”? Do you think our culture hinders us, even as Christians, from daily following Jesus?

Application

How will you apply what you have learned from this week’s conversation?

Find the time: When is the best time for you to meet with God regularly? What will prevent you from regularly meeting with God and how can you protect the time you set?

Identify the roadblocks: Are you willing to share a roadblock that prevents you from being spiritually fit with your circle of friends? Your circle may be able to help identify ways to overcome these obstacles

Take pleasure in the journey: How will you begin your regular walk with Jesus? What needs to change in your life to make this happen?

Prayer

Lord, we ask you to help us fully embrace our ‘walk’ with You. Encourage us to live in the rhythms of life that lead us closer to Jesus. Help us to love well – to love you, Lord, to love others and to love ourselves. Walk with us as we strive to become FIT. Amen.