

Date: Feb 5, 2012

Name: Ron Baker

Talk Title: Somethin's not Workin . . . Fitness

1. **Sunday Summary:**

This past Sunday we looked closely at fitness being a Christian Faith Discipline. Taking care of our bodies is a key part of a person's journey with God. This week we really want people to consider taking action with this part of their life.

2. **Connecting Questions:** (Interactive, life sharing, thought and feeling)

- This past week; where have you seen God working in your life, any God moments?
- What part of the morning impacted you the most? Explain
- Have you ever made a resolution and not kept it? If yes, what was it? Leader, make sure this is a fun moment. Maybe, have someone share a resolution that they have kept. (make sure you dig deeper with people)

3. **Truth Questions:** (Discovering what God says from the Bible)

- When you think of Christian Faith Disciplines, which one's do you find the easiest to practice? (Memorizing, reading, studying, prayer, meditation, community, giving) Which one's are the most difficult to do? Or, is there a discipline you do that was not talked about?
- How does *(1 Corinthians 6:18-20)* change how you view your body? Spend some time discussing the connection of how we care for our bodies as it relates to our relationship with God. We often here people say, "this is my body I can do what I want." How does that fly or compare with these verses?
- What are some practical things we can do each day that reminds us that everything we do is to bring glory to God?
 - *(1 Corinthians 10:31)* Possible angle (it changes what I watch, what I put in my brain, what I eat, how often I exercise, the words that I speak, etc)
- Read *(Romans 12:1)* and then ask; What does it mean to give our bodies as a living sacrifice? What would a day-to-day living sacrifice look like?
 - Leader: please do some research on this passage; it will help your discussion. Here are a few links that you may want to check out to help.
http://www.preceptaustin.org/romans_12_word_studies.htm
<http://www.biblegateway.com/passage/>

4. **Transformation Question:** (Taking it Further, Life Application)

- What are the changes you are going to make to honor God with your body?
- How can you as a group assist each other in the process of taking care of our bodies?
 - Leader: Maybe come up with a four week plan where you connect and challenge each other when you exercise. Be creative!
 - Accountability can be the strength to this Christian Faith Discipline.