

LIFE GROUP HOMEWORK:

3. Have a group member read James 4:13-17. Answer the following questions as a group.
 - In verse 14, James mentions that we have no idea what our lives will be like tomorrow. In light of this, how does he recommend we plan? How might doing this change our perspective?

TAKING IT HOME

1. Does knowing that you're free change your views about getting physically fit this year? If so, how?

2. What actions do you need to take now to stay on God's tracks for your life?

SUNDAY JAN. 29, 2017

Series: "Fit For Life"

Message #4: "Becoming Physically Fit"

By: Nat Crawford

This message is available on your phone/tablet through YouVersion app. Download app. Click on "more". Then "events". Then "First Free Church".

MESSAGE NOTES:

1 Corinthians 6:12-20

Five biblical "why's" to becoming physically fit:

1. You are **free**. (v. 12)
Romans 6:14

2. You belong to **God**. (v. 13-14)
1 Corinthians 7:22

3. You are the body of **Christ**. (v. 15-17)
Romans 12:5

4. You have a **choice**. (v. 18)
1 Corinthians 10:13

5. You are the Holy Spirit's **home**. (v. 19-20)

LIFE GROUP HOMEWORK:

QUICK REVIEW

Nat provided five reasons why we should become physically fit this year. What were they? Is there one that really tugs at your heart?

MY STORY

1. Have you ever achieved a goal that was extremely important to you? What was it? How did it make you feel?
2. Does the idea of someone else being in control of the direction your life takes scare you, frustrate you, or give you peace? Why?

LIFE GROUP HOMEWORK:

DIGGING DEEPER

1. One of the “whys” Nat mentioned is that we’re free—yet, he described a Christian’s true freedom as being free to go wherever God’s tracks for us lead.
 - Have a group member read Esther 4:1-17. What was the plan God had for the Jews as a people (in this passage in particular)? Where would God’s tracks for Esther lead her in relation to that?
 - Have another member read Esther 8:3-7. Did Esther ultimately choose to follow God’s tracks for her? What was the result? In what ways was Esther freed by her decision? What might have been the result if she had chosen differently?
2. Read Romans 6:17-23 together and answer the following questions.
 - How is being “enslaved to God” a good thing? What specific benefit do we receive? In what ways might slavery in this context be different from our modern-day understanding?
 - In verses 20 and 21, Paul mentions being a slave to sin. In what ways is his description of this slavery different from how he described slavery to God?