

DIGGIND DEEPER (cont.)

2. Read Colossians 3:1-8.

- What phrases or ideas stand out to you?
- What is the connection between Paul's words in 1 Timothy 4:6-10 and these verses?
- Why does a heavenly mindset aid us in godly living?
- Paul lists various sinful activities (v. 5). What would be the positive alternatives possible through our new life in Christ? How do these tie to a heavenly focus?

TAKING IT HOME

- What is one habit in your life you will change so you can train for spiritual fitness?
- Who can you ask to help you in your pursuit of spiritual fitness?
- This week memorize 1 Timothy 4:8. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

SUNDAY JAN. 8, 2017

Series: "Fit For Life"

Message #1: "Becoming Spiritually Fit"

By: Pastor Mark Brunott

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MESSAGE NOTES:

Get spiritually fit by **listening** to God through the Bible.

- The Bible is inspired by God. (2 Tim. 3:14-17)
- The Bible has spiritual power, meaning and significance. (Heb. 4:12)

Get spiritually fit by **talking** with God through prayer.

- The Lord's Prayer (Matthew 6:9-13)

Get spiritually fit by finding what works best for **your** spiritual growth.

- Guidelines for your spiritual growth:
 - Try different options.
 - Keep what works.
 - Be honest.
 - Know yourself.

LIFE GROUP HOMEWORK:

QUICK REVIEW

Pastor Mark presented three ways to become spiritually fit. Which one excites you the most? Why?

MY STORY

1. 2016 is in the bag. What was one of your favorite memories or blessings?
2. What is your biggest hurdle to becoming spiritually fit in 2017?

DIGGING DEEPER

1. Read 1 Timothy 4:6-10 and answer the following questions.

- What does it mean to be “nourished by the message of faith and the good teaching you have followed?”
- Why would Paul advise against arguing over godless ideas?
- Why does Paul encourage believers to train for godliness more than physical training? What are some of the present benefits? What are some of the eternal benefits?
- Paul must have known people might push back on this advice (v. 9). Do you feel some resistance for a focus on training in godliness?
- What motivates Paul’s hard work and striving (v. 10)? How can this motivate you?