
COMMUNITY GROUP QUESTIONS

OPEN: Would you rather be an unimportant character in the last movie you saw or an unimportant character in the last book you read?

What stood out from the sermon this week?

READ: Psalm 119:9-16, Romans 12:1-2, and 1 Corinthians 9:24-27.

DIG: What do the above passages say about the importance of being spiritually fit? What are the characteristics of a spiritually fit person?

How would you assess your own level of spiritual fitness? What do you use to track your progress? Does this change for you in different seasons of life?

How do you handle the personal responsibility of being actively engaged in your faith and avoid thinking your faith exists because of your actions?

What spiritual workouts do you practice? What spiritual workout(s) can we do as a group?

CHALLENGE: When we serve in a church ministry or study God's Word, we can trust the Lord to empower us instead of leaning on our own power. Let's ask the Lord to examine our hearts/motives, and to change whatever needs to be changed within us. Gaining biblical knowledge can be life-giving and transformational when we allow God's Spirit to lead us into following Him more closely!

REFLECT: To learn more about spiritual fitness goals, login to your RightNow Media account and watch the six-minute video, *Lead Yourself to be Spiritually Fit*, by Steve Stroepe found under "Video Elements" (cgv.mstar.church). This one is specifically for pastors, but it absolutely applies to all of us. If you have not signed up for a RightNow Media account, go to mstar.church, click on the orange box on the home page, and click "sign up."