

Ice Breaker

If you had to delete all but three apps from your smartphone, which ones would you keep?

Biblical Focus

READ THE WEEKLY VERSES TOGETHER

Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important . . . So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.

1 Timothy 4:7B-8 (TLB)

Those who hope in the LORD will renew their strength. They will soar on wings like eagles.

Isaiah 40:31A (NIV)

Whatever you do, work at it with all your heart, as working for the Lord.

Colossians 3:23A (NIV)

Discussion Questions

- Why do you think that Paul stresses being spiritually fit? What do you gain by being spiritually fit?
- An eagle flies differently than other birds. Rather than striving to gain altitude by flapping its wings, an eagle catches upward drafts of wind to soar on. How does hoping in the LORD allow you to soar (*rise above*) in life?
- Working can be tough—even draining sometimes. How does shifting your mindset to work for Jesus allow you to succeed and develop your talents?

Action Step

PUT A PLAN INTO ACTION!

List 3 areas in your life that you need to spiritually exercise more.

1) _____

2) _____

3) _____

Prayer Focus

TAKE PRAYER REQUESTS!

Pair off into groups of 3 and share at least one area of spiritual exercise you listed above. Spend time listening to the Holy Spirit and praying for each other in those specific areas.

(PRAYER TIP: Ask what people experienced during the prayer time. If they received a mental picture, word, or feeling during prayer, many times that is God! Encourage others to share what they experience.)

Want More?

Spend time with Jesus by doing the following steps, either in your LifeGroup OR on your own during the week:

Step 1) Read 1 Peter 3:15B slowly at least 2 or 3 times until a word, or a phrase, seems to be highlighted or “jumps off the page.”

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

1 Peter 3:15B (NIV)

Step 2) What word or phrase is God highlighting to you?

Step 3) Take time turning those phrases or words God highlighted to you back into prayers.