



Fight for It, week 2: Spiritual Muscles

1 Timothy 4:7-12

1. When you fight, how do you fight? Are you passive aggressive, physical, verbal...?
2. How do you decide what's worth fighting for and what's worth letting go?
3. Read 1 Timothy 4:7-12 - Why *should* we fight?
4. When it comes to Repentance, Restraint, and Rest - which do you struggle with most and why?
5. What is something you can do this week that will help you build spiritual muscle? How can this group help to hold you accountable?