



No Regrets Men's Conference

February 6th, 2016

Discussion Questions

Take Root
Stu Weber

Stu reminded us that life is a battle, even the good parts of it. Spiritual fitness is needed to do it well. "What we believe is what makes us invincible." Stu told us of a meeting he had with an army commander when in Afghanistan, in which this commander spoke of three things that he expects of his men. He expects them to be Physically fit, Tactically fit and Spiritually fit.

1. Is it appropriate to apply these expectations to our battle of life? If so, which of these three are you deficient in and why?
2. Stu pointed out that the Bible frequently speaks in the language of warfare. An example is Ephesians 6:10-18 in which Paul uses such terms. Read this passage and ask the question, what spiritual equipment am I lacking in?
3. Stu spoke of the importance of discipline when training for battle. Where do you learn how to apply spiritual discipline?
4. Stu reminded us of the term FTT which is a medical acronym, meaning a 'Failure to Thrive.' There are three major factors that cause this medical problem. 1. The inability to obtain an appropriate diet (nourishment not available); 2. An unwillingness to be properly nourished (stubbornness and/or laziness); 3. A physical limitation (health problem), which limits the ability for proper utilization of nourishment. All three factors are relevant when we consider FTT in terms of a spiritual problem. Which of these factors applies to you and why?
5. Stu read to us Colossians 1:21-23 and pointed out that we were saved for a purpose. What was the purpose?
6. Stu described what it means in the phrase "As you have received." What is the active component to what this phrase means?
7. Stu told us that "All of the false cults minimize who Jesus is." Who is Jesus to you?
8. Stu emphatically emphasized that you cannot work for your salvation. It is Christ alone. Think about this for a moment. In what way are you working for your salvation and not realizing it? (Hint: think legalism)
9. Stu pointed out that there is an umbrella of salvation which is described in the following terms: 1. Justification; 2. Sanctification; 3. Glorification. Define these terms and then identify how they apply to you.
10. Stu asked us "Have you trained your senses in the gymnasium of God's word?" "Do you think a sermon of 30 minutes on a Sunday is enough?" If not, how often do you plan on being in the gymnasium?
11. Stu has a plaque outside his shower which says the following: "Good Morning, this is God. I'll be handling all your problems today. Won't need a whole lot of help from you. So have a really good day." When you go into battle tomorrow morning, why don't you keep that thought in mind.