



| pathways

Talk About

Pathways Introduction

1. One way to think about Pathways is to think about being spiritually fit. Being spiritually fit and physically fit have quite a few similarities. Explain what you think some of those similarities might be.
2. Some of the rewards of working hard to be physically fit are a fit looking body, being healthy, and feeling better in general. What do you think are some of the rewards of being spiritually healthy?
3. Pathways is a tool that we believe can help anyone become more like Jesus. Name a characteristic of Jesus (we will identify some as virtues later) that you would like to be more evident in your life?
4. In Pathways, we define the word **discipleship** as *“learning and practicing how to become more like Jesus.”* If you are familiar with the term discipleship, what thoughts come to your mind when you hear that term? If you are not familiar with the term discipleship, name something that you have desired to get better at in the past and share what you actually did to achieve the goal of getting better.
5. Taking a walk with a friend is fun. Pathways was created to be done with at least one other person. What are some of the benefits of walking the pathways (disciplines) with a friend?
6. What are you most excited about when you think of embarking in Pathways?

PATHWAYS "Spiritual Fitness"

"Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. This is true, and everyone should accept it."
1 Timothy 4:7 (NLT)

Spiritual fitness:

- is more important than physical fitness
- is worth the effort
- doesn't happen automatically

Virtue: Character trait of Jesus

Pathway: Disciplines God uses to help us develop particular virtues in our lives.

"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."
Galatians 5:22-23 (NIV)

VIRTUE:

Loving – choosing to show care for those around us

Romans 12:9 – "Don't just pretend to love others. Really love him. Hate what is wrong. Hold tightly to what is good."

PATHWAY:

Prayer - regularly talking with God and interceding for ourselves and others

Philippians 4:6,7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus."

Accountability - having someone that helps us reach our God-given potential

James 5:16 - "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

If we walk the Pathways...

We'll become the Virtues...

Commitments:

- Connect every Sunday morning in worship
- Access the daily encouragements
- Talk About It

"Two of Jesus' followers were walking to the village of Emmaus, seven miles from Jerusalem. As they walked along... Jesus himself suddenly came and began walking with them. But God kept them from recognizing him... Then Jesus took them through the writings of Moses and all the prophets, explaining

from all the Scriptures the things concerning himself... Suddenly, their eyes were opened, and they recognized him. And at that moment he disappeared! They said to each other, "Didn't our hearts burn within us as he talked with us on the road and explained the Scriptures to us?"

Luke 4:13-32 (NLT)