

Spiritual Fitness

I Peter 2:1–3

1. Lay Aside _____

2. Desire _____

3. Mature _____

Application



We are glad you have joined us today to worship. We want you to know that we have prayerfully planned this time together and that we do “church” on purpose.

Our mission is to **reach** people with the gospel message of Jesus Christ, **teach** people to become devoted disciples of His, **equip** people for acts of service, and **send** them into ministry.

As you join us today, we ask that you, also be intentional in your worship of God and purposefully focus on your relationship with Him.

God Bless you as we follow Him together. — Dr. Steven A. Crane

Group Questions

1. What kind of food do you crave the most? When was the last time you ate it?

Quick Review: Read I Peter 1:13–25

2. What three commands does Peter affirm in verses 13–16? What reasons does Peter give in verses 17–21 that can help believers be obedient to God and to live holy lives? What is the primary command in verses 22–25?

Read I Peter 2:1–3

3. What are the three action words in verses 1–2? What is your initial reaction to these commands?
4. In verse 1, Peter gives us a list of things to be rid of in our lives. Define each of them: Malice, Deceit, Hypocrisy, Envy, Slander. What do these things have in common?
5. Read Ephesians 4:22–25; Colossians 3:1–5. What is the motivation for getting rid of evil in our lives? When we get rid of these things, what does God do for us? (Read 1 John 1:9)
6. How can we learn to crave what God has for us in His Word like an infant craves nourishment?
7. How much do you see Christian growth as a goal of the Christian life? What types of distractions keep Christians from growing?
8. Read Philippians 3:7–14; Hebrews 12:1–3
How can you reset your focus, avoid distractions, and grow?

Reflect: What are you intentionally and consistently doing to grow in Christ?

Next Steps

- ☐ I will crave the pure, unadulterated word of God.
- ☐ With Jesus' help, I'll lay aside evil, and pursue righteousness. I will put aside malice, deceit, hypocrisy, envy and slander.
- ☐ I will make it a priority to “work out” spiritually.
- ☐ I will seek to help others “taste and see that the Lord is good.”