

Cross Fit [See Results] Discussion Guide

Summary

This message concludes a series about becoming 'CrossFit' in faith, focusing on seeing spiritual results in one's life. We emphasize the importance of letting the Holy Spirit guide believers' lives and discusses the contrast between living by the sinful nature versus producing the Fruit of the Spirit. The message highlights that spiritual growth requires intentional effort, making God a priority, studying Scripture, praying for guidance, and being in fellowship with other believers.

Intro Prayer

Dear Heavenly Father, as we gather to discuss Your Word, we ask that You open our hearts and minds to receive what You want to teach us today. Help us to be honest with ourselves about our spiritual growth and give us the wisdom to understand how we can better follow Your Spirit's leading. In Jesus' name, Amen.

Ice Breaker

What's one area of your life where you've seen noticeable improvement after putting in consistent effort and practice?

Key Verses

- Galatians 5:16-18
- Galatians 5:22-23
- John 14:26
- Philippians 4:13
- Ephesians 4:23

Questions

- How would you describe the role of the Holy Spirit in your life?
- What are some practical ways you can make God your number one priority?
- Which of the Fruit of the Spirit do you find easiest to demonstrate, and which do you find most challenging?
- How do you handle the internal battle between following the Spirit and following sinful desires?
- What specific spiritual results have you seen in your life since beginning your faith journey?
- How has being in fellowship with other believers helped your spiritual growth?
- What are some obstacles that prevent you from consistently studying God's Word?
- How can you better recognize when the Holy Spirit is guiding you versus when you're following your own desires?

Life Application

This week, choose a Fruit of the Spirit that you struggle with most and intentionally practice it daily. Keep a journal of your experiences and pray specifically for growth in that area.

Key Takeaways

- Spiritual growth requires making God the absolute priority in our lives
- The Holy Spirit produces specific fruit in our lives as evidence of spiritual growth
- We must actively engage in spiritual disciplines to see results in our faith journey
- Fellowship with other believers is crucial for spiritual development
- The battle between spiritual and sinful nature is won by feeding the spiritual side

Ending Prayer

Lord Jesus, thank You for showing us what true spiritual growth looks like through Your Word. Help us to yield to Your Spirit's guidance and produce the fruit that honors You. Give us the strength to overcome our sinful nature and the wisdom to recognize Your leading in our lives. May we become more CrossFit in our faith as we continue to follow You. In Jesus' name, Amen.