

Discussion Questions:

- 1.** How does our unity in Christ impact horizontal fellowship? How can our horizontal fellowship impact our vertical relationship with Christ?
- 2.** What roles do trust and vulnerability play in building strong fellowship (and discipleship) bonds? How could/should fellowship and community improve one's spiritual fitness?
- 3.** What are some challenges and obstacles we may face in our journey of discipleship (discipling and being disciplined). How should/could we respond?
- 4.** Identify other important contributing factors to our overall spiritual fitness.