

IN IT TO WIN IT

Small Group APPLICATION QUESTIONS

“Do not merely listen to the Word, and so deceive yourselves. Do what it says!” (James 1:22 NIV)

SUMMARY

Pastor Frank taught from 1 Timothy 5:23-25 with a teaching titled “Our Spiritual Health & Our Relational Health” in our *In It to Win It* series. While the passage was short, the take-aways that the Apostle Paul challenged Timothy with were many. Pastor Frank exhorted us to assess our spiritual health based on our relationships with others and other criteria too.

APPLICATION

- 1. Relational health with others provides deep insight into one’s spiritual health.**
 - How would you rate your depth of relationships with others?
 - Other than your spouse, who do you have the most significant relationship with?
 - What is the biggest reason you have difficulty connecting with others?
- 2. Another insight into one’s spiritual health is their relationship with Authority.**
 - How would you define “spiritual authority”?
 - Have you given permission to others to fully speak into your life? Who? Why?
 - If not, what might it look like for you to do so? Who might it be?
- 3. Another insight into one’s spiritual health is their relationship with Liberty.**
 - Some of us like to rigidly follow the “rules” of Christianity and we take pride in that. Others of us operate without regard for rules or how our freedom affects others.
 - Which one do you tend toward? Why do you think that is?
- 4. Another insight into one’s spiritual health is their relationship with their body.**
 - “Therefore, honor God with your body.” (1 Corinthians 6:20b)
 - What experiences have prompted you to consider issues of neglect, excess or abuse concerning your body?
 - What have you done to deal with this issue?
- 5. Another insight into one’s spiritual health is their relationship with God’s sovereignty.**
 - “As God’s children we live on promises, not on explanations.” – Warren Wiersbe
 - Which promises do you cling to from God’s Word in your difficult situation?
 - How has God allowed you to encourage others who wrestle with God’s sovereignty?

PRAYER

Pray for the courage to do a spiritual check-up and make the necessary changes!



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