

“Group Fitness”

This set of questions is based on Patrick’s and Mike’s sermon preached January 31.

1. Tell about a good experience you have had as part of a team. How did your team members bring out the best in you? How did being in a team make it easier to grow and to develop your skills?

2. What do the following passages reveal about the important role of fellow believers in your spiritual training?

Romans 12:15–16

Galatians 6:1–2

1 Thessalonians 5:12–15

Hebrews 10:24–25

Hebrews 12:14–17

3. Jesus advised (Matthew 6:6) and modeled (Mark 1:35) the spiritual discipline of solitude. What benefits do you see in withdrawing from others in order to focus on prayer and Scripture? What limitations—or even dangers—do you see in the practice?

Recurring Questions

- » How have you seen God working in your life or the lives of those around you this week?

- » What prayer requests would you like to share with the group, including prayer for any spiritual struggles you may be experiencing?