

“Life Fitness”

This set of questions is based on Mike’s sermon preached February 21.

1. Describe a hobby or interest that consumed you so much it impacted other areas of your life. Was the impact on the rest of your life negative, positive, or mixed?

How did other areas of your life influence or enhance your hobby?

2. Read 1 Timothy 4:7–8. How does training in godliness benefit you in “the present life”? Focus your answer on one of the following areas:

- Family
- Workplace
- Education
- Recreation
- Friends
- Neighbors
- Grief
- Celebration

3. Tell how you have grown spiritually through experiences in an area of life not usually considered part of the spiritual realm.

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?