



HEALTHY LIFESTYLE

DIGGING DEEPER

WEEK 1: Love

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you, and your Life Group.

PRAY [Have someone in your group open in prayer.]

MESSAGE SUMMARY

This week at Fair Oaks Church we kicked off part 3 of our series *Spiritual Fitness*. We learned that in addition to healthy habits and a healthy heart, true spiritual fitness requires a healthy lifestyle. This week we looked at the first essential quality of a Christ-like lifestyle: growing in our ability to love.

KEY SCRIPTURE [Read aloud]

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." **Matthew 22:36-40**

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Why does Jesus say that loving God and others are the greatest commandments? What does he mean when he says "all the law and prophets hang on these two?"
3. The Apostle John writes in 1 John 4:8:
"Whoever does not love does not know God, for God is love."
What do you think he means by this? How might you apply this to your life?
4. What did you think and feel about the story of Doug and Martin from our church that we shared? [See the story on our Facebook: @fairoakspres or bit.ly/dougandmartin]
Share about a time in your life when you most strongly experienced the love of God through another person. How might you grow in your ability to love?
5. Take a moment to take the Love section of the Spiritual Fitness Assessment (available at fopc.org/spiritualfitness or via the The App). Share your score in this area with your group.

PRAY [Close your time in prayer. Allow time to pray for any needs in your group.]

Close your time by asking God to help you and your group to continue to grow in your love for God and others on your journey to becoming more like Jesus. Ask him to use your group in each other's lives to make you all more loving people in the future.