



DIGGING DEEPER

WEEK 1: Intro to Spiritual Fitness

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 a brand new series called *Spiritual Fitness*. Just like we can get in better physical shape, we can also get our soul healthier as well. Spiritual fitness comes from following Jesus in forming healthy spiritual habits, a healthy heart, and a healthy lifestyle. We introduced four healthy habits or spiritual exercises that are essential to your life, growth and spiritual fitness: Scripture, Prayer, Worship, and Community.

KEY SCRIPTURE [Read aloud]

In a race everyone runs, but only one person gets the prize. So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. **1 Corinthians 9:24-27**

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Have someone read 1 Timothy 4:7-8 to your group. What does it mean to you to train yourself in Godliness? How does the metaphor of physical fitness apply to spiritual fitness?
3. Do you and the people you know spend more time, money, and energy on your physical or spiritual health? Why is that?
4. Of the four habits mentioned: Scripture, Prayer, Worship, and Community which is the most practiced and which is the least practiced in your life? Why is that?
5. This week visit fopc.org/spiritualfitness or the Fair Oaks Church App and download the *Spiritual Fitness Self-Assessment*. Spend some time taking the first part of the Assessment on the *Habits: Scripture* to discuss with your group next week.

PRAY Close your time in prayer.

Allow time to pray for any needs in your group and close your time by asking God to help you and your group grow in the healthy habits in your spiritual life.