



Christ
Fellowship
CHURCH

DEVELOPING SPIRITUAL MUSCLES

NO DAYS OFF

Pastors Todd and Julie Mullins

Group Discussion Guide

Session 1

Commit to the Process

“No Day’s Off” That phrase is synonymous with determination, commitment, and a desire to see something through to the end. You may have said this when you joined a gym because you wanted to build some muscles, or maybe you wanted to lose ten pounds.

Yet, the same is true in the spiritual life. To develop spiritual muscles and become stronger, we also need a “No Days Off” commitment. The spiritual disciplines are practices that give us spiritual power to live the life God has for us. By committing to make these practices a daily part of our lives, we gain strength and become more like Christ each day.

In this first session, Pastor Todd introduces us to spiritual disciplines and specifically teaches how the practice of fasting can strengthen us spiritually.

Connect

Take a few minutes to go around the group and introduce yourself.

- Where do you see yourself in five years?
- What do you hope your career is like, and your family is like? What kind of person do you hope to be?
- Have you ever adopted the “No Days Off” mentality for an area of your life? If yes, what area was it and what were the results?

Watch (22 minutes)

Spiritual disciplines are any activity that helps you _____ to live the life Jesus has for you. In other words, a spiritual practice that gives you spiritual power.

Some spiritual disciplines or practices include:

- _____
- _____
- _____
- _____
- _____

Some things to know about Fasting:

1. Jesus _____

After fasting forty days and forty nights, Jesus fasted. — Matthew 4:2

2. Jesus _____ His followers to _____

“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting.” — Matthew 6:16

The ABCs of Fasting:

- A — We fast for _____
- B — We fast for _____
- C — We fast for _____

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.
— Proverbs 3:5-6

There in Antioch the Lord's followers were first called Christians.

— Acts 11:26

And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]

— Romans 12:2 (Amplified Version)

Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence.

— 2 Corinthians 5:17

Keep yourself in training for a godly life. Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.

— 1 Timothy 4:7-8

If you plant in the field of your natural desires, from it you will gather the harvest of death: if you plant in the field of the Spirit, from the Spirit you will gather the harvest of eternal life.

— Galatians 6:8

Discuss

1. Before watching this teaching, how did you view the spiritual disciplines? Why do you think spiritual “practices” is becoming a more popular term?
2. How can you see Bible study or prayer giving you the “power” you need in your life tomorrow? Why is it illogical to expect this power without implementing the practices?
3. Which spiritual disciplines do you already practice? Which do you want to explore or investigate?
4. Pastor Todd used the analogy of a farmer, saying a farmer can't make crops grow, but he can provide the conditions for growth. How do the spiritual practices on the list above allow for growth?
5. Have you ever fasted before? What kind of fast was it? How long did it last?
6. If you have fasted before, did you ever experience a “breakthrough?” What did you discover as you fasted?

“We don't cause the growth, but the spiritual disciplines put you in a place for God to grow you like never before.”

- Pastor Todd Mullins

“You can't be who you're going to be and who you used to be at the same time.”

- Pastor Todd Mullins

Apply

Pastor Todd challenged us to fast for 21 days. As we start this study, consider fasting either individually or as a small group for the next three weeks.

- If you decide to do this, what kind of fast will you do? What do you hope to hear from God?
- Remember that this is more about feasting than fasting, and more about saying “yes” to God than “no” to anything else. As you fast, how will you intentionally make room in your daily schedule to spend time with Him?
- What would it look like for you to have a “No Days Off” commitment to your spiritual life this week?

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- Matthew 6:16-18
- Daniel 1:4-16
- Acts 13:1-3

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for next week, watch **Video #2** in the “No Days Off” series.



Session 2

Commit to the Race

The phrase “No Days Off” is synonymous with determination, commitment, and a desire to see something through to the end.

As we begin this second session of our study, Pastor Julie reminds us the moment we accept Jesus as our Lord and Savior, this is the starting line of the race all followers of Jesus run.

While the race has gotten tougher recently, there is good news! Pastor Julie shares crucial strategies for how we can stay in the race and build spiritual practices into our lives to thrive!

Connect

If you have any new people, take a few minutes and have everyone introduce themselves.

- After last week’s study, did you decide to start a fast? What kind will it be? If you did, how is it going?
- Did you ever play any sports? Which ones? What was your role? What did you learn from participating in that sport?

Watch (20 minutes)

The race has gotten rough. To stay in the race, we must do these two things:

- Stay _____ to the _____ (Jesus)
- Stay _____ to His _____ (church)

Pastor Julie challenges us collectively as a church to take two steps together in this race:

- Radically _____ anything that disconnects you from God’s presence and power.
- Build _____ that put you into His _____ :
 - o _____
 - o Take a class like _____ etc.
 - o Times of _____ and prayer.

One day as Jesus was preaching on the shore of the Sea of Galilee, great crowds pressed in on him to listen to the word of God. He noticed two empty boats at the water's edge, for the fishermen had left them and were washing their nets. Stepping into one of the boats, Jesus asked Simon, its owner, to push it out into the water. So he sat in the boat and taught the crowds from there. When he had finished speaking, he said to Simon, "Now go out where it is deeper, and let down your nets to catch some fish."

"Master," Simon replied, "we worked hard all last night and didn't catch a thing. But if you say so, I'll let the nets down again." And this time their nets were so full of fish they began to tear! A shout for help brought their partners in the other boat, and soon both boats were filled with fish and on the verge of sinking.

When Simon Peter realized what had happened, he fell to his knees before Jesus and said, "Oh, Lord, please leave me—I'm such a sinful man."

—Luke 5:1-8

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.

—Philippians 2:12-13

"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

—John 15:4-5

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love."

—John 15:9-10

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

—John 10:10

Discuss

1. Read John 15:4-5 again and discuss ways we can "remain" in Jesus?
2. Jesus says that by remaining in Him, we will produce "much fruit." What is that fruit and how do the spiritual practices help cultivate that fruit?
3. Why can it be so difficult to form meaningful relationships with other Christians today? What can you do to build healthy relationships with other Christians?

"This isn't about giving you more to do. It's about you becoming the 'who' God created you to be."

- Pastor Julie Mullins

4. What do you believe is disconnecting you from God (or trying to) right now? Write it down and either share it with the group or share it with a trusted friend later. Either way, start praying and planning how you could “eliminate” that from your life starting?
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“When you’re consistent with these spiritual practices, you gain spiritual strength.”

- Pastor Julie Mullins

5. Whatever you’re deciding to eliminate, what spiritual practice/s could help you keep that out of your life? How can the church (other Christians) encourage you in this?
6. Pastor Julie said, “Your next step is so much more important than your misstep.” What is your next step to “build practices” in your routine helping you gain spiritual strength?

Apply

Pastor Julie concluded this message with a personal challenge based on the story of Olympian Derek Redmond in the 1992 Barcelona Games.

- Can you recall a time when you were “hurt,” and the Father, and maybe even other believers, came alongside you to help and encourage you?
- Is there someone God is calling you to help and encourage this week? How can you “come alongside” that person this week?

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- Luke 5:1-8
- John 15:1-11
- 1 Timothy 4:6-10

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for next week, watch **Video #3** in the “No Days Off” series.

Session 3

Commit to God's Word

Bible study . . . what comes to mind when you hear that? Be honest. Do you think of the opportunity to learn about God, to connect with him in a deeper way? Or maybe you're thinking how you will grow in wisdom so you can make better Christ-like decisions as you start your day?

But for some, isn't it true that when you think of Bible study, phrases like "it's too hard to understand" or "I don't have the time today" overwhelm your concept of this spiritual practice?

In today's session, we will discover that of all the spiritual disciplines, Bible study is the most important one. Pastor Todd shares how we can commit to God's Word daily, and he gives practical steps on how to meditate on the Word of God.

Connect

Take a few minutes to catch up with each other and introduce any new members.

- Based on last week's study, were you able to "come alongside" a person and help or encourage them this week? Who would like to share?
- How many Bibles are in your house? More seriously, what is your greatest question about the Bible? How did you learn to "study" it?

Watch (16:30 minutes)

Two things we need to do to commit to God's Word:

- _____ your Stinking Thinking
- _____ on the Truth (Word of God)

What are the three things you gain when you meditate on God's Word?

- You are _____
- You are _____
- You will _____

How do you "meditate" on God's Word?

- _____ it up!
- Get a good _____ of the Bible!
- Write in a _____ !

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

—2 Corinthians 10:4-5

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.

—Psalm 139:7-10

To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. You will know the truth and the truth will set you free.”

—John 8:31-32

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

—Psalm 1:1-3

Discuss

1. What lies are currently ensnaring you? Read these common lies below and decide which ones entrap you, or write your own below:

- I'm not smart enough.
- I'm not good looking enough.
- I can't do anything right.
- No one could ever love me, including God.
- I have no purpose.
- _____

How are these lies affecting you spiritually?
Why *should* Christians deal with them?

2. Based on this week's study, what should you do with these lies?
3. 2 Corinthians 10:4-5 is a pivotal verse in this discussion. Notice the language used –“weapons” “fight” “demolish” “strongholds” and “take captive.” What does that language tell you about the challenge every Christian is confronted with regarding the lies we believe? How can we help each other?
4. Pastor Todd shared we must eliminate these lies and replace them with the truth in God's Word. Based on this study, how can we do that daily? What tools and resources can help you do this?
5. Pastor Todd shared three traits we will gain if we meditate on the Word of God. Of those three, which do you need more in your life? Why has that area been a struggle for you?

“The Word of God is a powerful tool for you, but it is only as powerful as you let it be in your life.”

- Pastor Todd Mullins

“What if we actually took every thought captive [to the obedience of Christ] instead of being held captive by every thought?”

- Pastor Todd Mullins

“Of all the spiritual disciplines, reading and meditating on the Word of God is the most important spiritual discipline because it influences all the others!”

- Pastor Todd Mullins

6. Have you meditated on the Word of God before? How did it go? Of the three tips Pastor Todd shared, which of the three was the toughest for you to do? (Open it up, good translation, journal)
7. How can reading and meditating on the Word of God influence the other spiritual disciplines? Describe when you've seen evidence of this influence in your own life?
8. Do you have a journal you consistently use? If so, share how it has enhanced your spiritual life?

"You read the Bible for information, but meditation is for transformation."

- Pastor Todd Mullins

Apply

Pastor Todd shared with us a popular and simple Bible Study method – SOAP. Here is how it works:

The SOAP Bible Study method:

- S – Scripture → Write it out!
 - O – Observation → What jumps out?
 - A – Application → What is God saying to me?
 - P – Prayer → Talk to God about it.
- Have you used this method before? What was great about it and what did you struggle with?
- What are two things you will do this week to "commit" to studying God's Word?

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God's Word.

Here are some passages for a deeper study this week:

- 2 Timothy 3:14-17
- Ephesians 6:17
- Hebrews 4:12

Pray

Take a few minutes to follow up with requests mentioned in previous weeks and get updated ways to pray for each other.

In preparation for our last week, watch **Video #4** in the "No Days Off" series.

Session 4

Commit to Prayer

Prayer – while all Christians acknowledge it's importance, most of us still struggle with it as a practice. For instance, "Why don't I get everything I pray for?" and, "Is there a certain way I should pray?" continue to be consequential questions we all still wrestle with.

In this session, Pastor Todd shares with us how we should respond when we don't get the answer we're praying for, as well as timely biblical principles on how to pray.

Connect

- Last week we were challenged to study God's Word this week. How did it go? Who tried SOAP for the first time? What were some challenges?
- How would you describe prayer to a child? Who taught you how to pray? What is one question you have about prayer?

Watch (21 minutes)

- _____ is foundational to your freedom.

When you pray and don't get the response you expected, remind yourself of these things:

- God _____ more than I know
- We live in a _____ world
- We each have _____

He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." —Matthew 17:20

How should we pray?

- Keep it _____!
- Keep it _____!
- Keep it _____!

After arresting him, he put him in prison, handing him over to be guarded by four squads of four soldiers each. Herod intended to bring him out for public trial after the Passover. So Peter was kept in prison, but the church was earnestly praying to God for him.

The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance. Suddenly an angel of the Lord appeared and a light shone in the cell. He struck Peter on the side and woke him up. "Quick, get up!" he said, and the chains fell off Peter's wrists.

Then the angel said to him, “Put on your clothes and sandals.” And Peter did so. “Wrap your cloak around you and follow me,” the angel told him. Peter followed him out of the prison, but he had no idea that what the angel was doing was really happening; he thought he was seeing a vision. . .

When this had dawned on him, he went to the house of Mary the mother of John, also called Mark, where many people had gathered and were praying. Peter knocked at the outer entrance, and a servant named Rhoda came to answer the door. When she recognized Peter’s voice, she was so overjoyed she ran back without opening it and exclaimed, “Peter is at the door!”

“You’re out of your mind,” they told her. When she kept insisting that it was so, they said, “It must be his angel.”

But Peter kept on knocking, and when they opened the door and saw him, they were astonished. Peter motioned with his hand for them to be quiet and described how the Lord had brought him out of prison. “Tell James and the other brothers and sisters about this,” he said, and then he left for another place.

In the morning, there was no small commotion among the soldiers as to what had become of Peter. After Herod had a thorough search made for him and did not find him, he cross-examined the guards and ordered that they be executed.

—Acts 12:4-9, 12-19

. . . The prayer of a righteous person is powerful and effective.

—James 5:16b

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

—2 Corinthians 5:21

He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

—Matthew 17:20

Discussion:

1. How would you describe your prayer life? Is it a true spiritual practice in your life, or more like calling 911? For either response, why is this the case?
2. Describe a time when you prayed and didn’t get the response you were hoping for. What questions did you have? How did it affect you spiritually?
3. It has been said, “Prayerlessness springs from pride.” Do you agree with this? If so, why? How can we fight against pride replacing prayer?

“When you pray it has the power to bring the light of heaven into any dark situation you might be in.”

- Pastor Todd Mullins

4. Pastor Todd shared three suggestions on how to pray. Which of the three do you already do well? Which of the three do you struggle with?
5. As Pastor Todd expressed, we pray not to bring information to God, but ultimately, we pray to experience intimacy with God. How do Pastor Todd's three bullet points above reinforce this truth? (Keep it real, Keep it simple, and Keep it going)
6. It's so natural to think of prayer only as it concerns us. Can you share a time when you prayed for someone else, and God responded? What are the possibilities of true, consistent intercessory prayer (praying for others)?

“When you take your small faith, your mustard seed faith, and you plant it in prayer, believing and trusting God, it can have a huge impact on your life and the people around you.”

- Pastor Todd Mullins

Apply

Pastor Todd challenged us to take our mustard seed faith, plant it with God each day, and watch for the big things God will do with it. Are you ready to see a difference?

- Pastor Todd called for us to take the first few minutes of every morning and pray to God about our concerns, and the concerns of others. Will you take that challenge this week? How would that change your daily schedule?
- What are two things you desire to see God do in *your life* and *your family's life* this next month? List them or share them with your group.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God's Word.

Here are some passages for a deeper study this week:

- Luke 18:1-8
- James 5:16-18
- Matthew 6:5-14

Pray

After sharing prayer requests, open it up for members of the group to pray for each other, the whole group or just one of the requests mentioned.

In preparation for our last week, watch **Video #5** in the “No Days Off” series.

Session 5

Commit to Community Part 1

As we've discovered, having a "No Days Off" commitment to spiritual practices gives us access to spiritual power, and today we discover you find this only in community.

The early church understood this. Consequently, they were devoted to community (to each other) and the enhancement of that community. As we'll learn, they did this because they knew there are aspects of our faith that can only be practiced and demonstrated in community.

In this session, part one, we will find we can experience the power of community by making three commitments. Today we will focus on the first commitment.

Connect

- Last week, we were challenged to start every day in prayer. Who was able to do that this week, or at least prayed more than usual this week? What have you been praying for?
- What habits do you do that aggravate the people you live with? How often have they begged you to stop it or change?

Watch (11 minutes)

The Early Church devoted themselves to:

- _____ of the Apostles (Word of God)
- _____ (koinonia)

Commitment #1

- *Commitment to* _____

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

—Acts 2:42-47

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

—Hebrews 10:24-25

Discuss

1. How did Pastor Ryan define the original word for “fellowship”? Based on this word, what bonds or unites us (the church) together? How can you enhance this community at Christ Fellowship?
2. How have you experienced the power of community in your life? Describe how that happened and what power you gained from it.
3. Pastor Ryan mentioned the results of living in community, based on Acts 2:42-47. What are they? How have you experienced these results at our church recently?
4. Pastor Jonathan described a very awkward moment he once had in a small group. Have you ever had an awkward moment in a group setting? How did you grow from it?
5. What does consistency mean to you? Give an example in your life where you are consistent and describe the power (or benefit) that came because of that consistency.
6. As you look at your spiritual life today, what are two ways you would like to be more consistent to reap the spiritual power?
7. Read Hebrews 10:24-25 and discuss why it’s critical for each of us to be regularly encouraged to “love and good deeds?” How and why can this happen more easily when we “meet together” consistently?

“There are aspects of my faith (like forgiving one another, loving one another) that can only be worked out in community.”

- Pastor Ryan McDermott

“There is a power in community that is revealed in consistency.”

- Pastor Jonathan Samuels



Apply

Pastor Ryan challenged us to make three commitments so we can truly experience the power of community. Regarding today's first commitment:

- Have you already made this commitment to consistency so you can experience the power of community? Explain when you made this commitment? If you haven't yet, what is holding you back?
- What is your next step this week as you seek to be more consistent in community?

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God's Word.

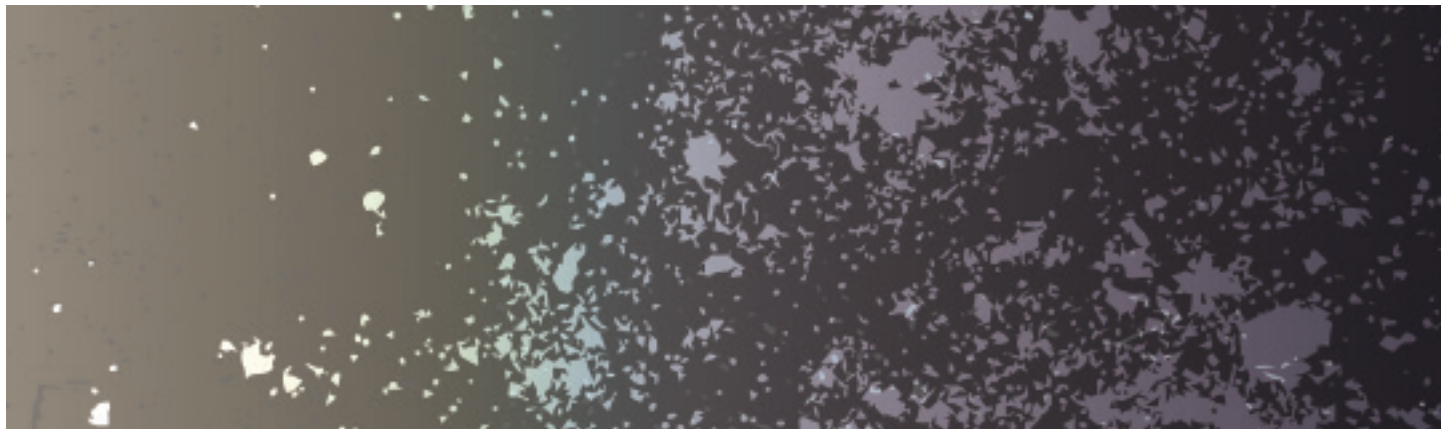
Here are some passages for a deeper study this week:

- 1 Corinthians 15:58
- Hebrews 13:7-9
- 1 John 2:3-6

Let's Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for our last week, watch **Video #6** in the "No Days Off" series.



Session 6

Commit to Community Part 2

As we've discovered, having a "No Days Off" commitment to spiritual practices give us access to spiritual power. Last week we learned you find this only in community.

To briefly recap, the early church knew this. Consequently, they devoted themselves to teaching and fellowship (community). Specifically, this devotion to community or fellowship (*koinonia*), demonstrated there are aspects of our faith that can only be practiced and come to fruition in community.

In this last session, we continue to realize that by making three commitments, we can experience the power of community. Our focus in this session will be on the remaining two commitments that make this possible.

Connect

- Based on last week's study, how was your commitment to being consistent in community this week? What benefits have you experienced?
- Describe a friendship you have in which you are total opposites of one another. How did that friendship develop? What would your life lack if you didn't have that friendship?

Watch (15 minutes)

Commitment #2

- Commitment to _____

Commitment #3

- Commitment to _____

Be filled with love that comes from a pure heart, a clear conscience, and a genuine faith.

—1 Timothy 1:5

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

—James 5:16

Iron sharpens iron, so one friend sharpens another friend.

—Proverbs 27:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

—James 1:17

After this I saw a vast crowd, too great to count, from every nation and tribe and people and language, standing in front of the throne and before the Lamb. They were clothed in white robes and held palm branches in their hands. And they were shouting with a great roar, “Salvation comes from our God who sits on the throne and from the Lamb!”

—Revelation 7:9-10

The nations will walk in its light, and the kings of the world will enter the city in all their glory . . . And all the nations will bring their glory and honor into the city.

—Revelation 21:24, 26

Discussion:

1. What is another word for being authentic? Why is this so critical for you to experience true community?
2. Pastor Natalie said at one point, “We were not meant for masks.” Why is this true, and what do we use “masks” for (and this has nothing to do with Covid!)?
3. Read James 1:17 again and discuss these two points:
 - How does this verse encourage us to be authentic?
 - Why is it important that we realize God “does not change like shifting shadows?”
4. In the 1960s Dr. Martin Luther King Jr. said, “Sunday is the most segregated day of the week.” Unfortunately, over 50 years later, that is still true. Why?
5. Pastor Don said at one point, “It takes courage to go outside your comfort zone, and it takes patience to listen and seek to understand [a person different from you].” Share a time you had the courage to go outside your comfort zone? What were the benefits of stepping out in faith like this?
6. Read again Revelation 7:9-10 and 21:24, 26. What do these passages say to a church that lacks diversity? How can we intentionally bring diversity to our congregation?

“We can never experience the power of community until we make the commitment to authenticity.”

- Pastor Natalie Ferguson

“Diversity reflects the glory of God’s creation.”

- Pastor Don Bray

Apply

As we've discussed these last two commitments – to authenticity and to diversity – how can we strengthen these two commitments this week?

- Of the two commitments, which will be more of a challenge for you and why?
- As we've discovered, committing to both commitments requires courage! How can God give you the courage to take an action step this week regarding one or both commitments? Is there a promise to remember?
- Lastly, what will your action step look like this week? Would you:
 - Write a letter to someone?
 - Confess to God and a trusted friend so you can begin to be truly authentic?
 - Make a phone call to initiate an important discussion?
 - Have an honest conversation with someone that's been due for a while?

Your First 15

Start each day by spending 15 minutes with God.

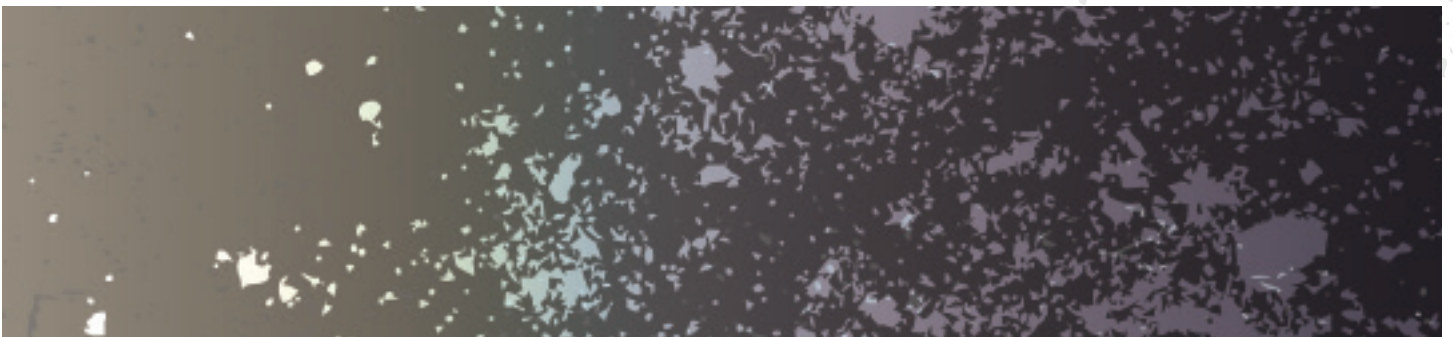
- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God's Word.

Here are some passages for a deeper study this week:

- James 2:1-9
- 1 Corinthians 1:10
- Romans 12:9-16

Pray

Take a few minutes to share any prayer requests with your group and pray.





CHRIST FELLOWSHIP
Groups

www.christfellowship.church/groups