

CROSSWINDS  
**WHAT IS THE CHURCH?**  
 1 TIMOTHY 4:6-8



Today we talked about the importance of self-discipline for physical and spiritual fitness.

- Do you have a plan stay physically fit? What is it?
- Do you watch what you eat?
- What happens to your body when you eat too much junk food? What happens to your life with Christ when you feed on spiritual junk food?

### SERMON REVIEW

Why is a regular time in God's word—not just on Sunday—essential for fitness in our relationship with Jesus?

What is spiritual junk food?

What is the difference between reading the Bible and meditating on the Bible? Why is meditation essential for life change?

Why is accountability essential for both physical and spiritual fitness?

- What does accountability look like in spiritual fitness?
- Do you have any forms of accountability in your life for physical fitness? Spiritual fitness?

Why is journaling important for physical fitness?

- Why is journaling important for fitness in our relationship with Jesus?

Prayer is like a cardio workout in our walk with Jesus. Why is it important to pray all the time about all our needs?

- What prayer ideas did you learn from the sermon that you can put into practice?

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### DIGGING DEEPER

**Read 1 Corinthians 9:24-27.** Paul compares the Christian life to running a race. In what ways does an athlete discipline themselves to win in a sport?

- In what ways should we discipline ourselves to live a productive Christian life?

**Read Hebrews 12:1.** What are the weights that hold an athlete back when they are running?

- What are the weights that can hold us back in the Christian life?
- Why is endurance essential for both an athlete and a Christian?

What is your plan for physical and spiritual fitness?