



07/03/2022

GET FIT

### Discussion Guide

#### BIG IDEA

You are a spirit, you possess a soul, and you live in a body. Pastor Shawn McGill, Lead Pastor of Lifepoint Louisville, explains that God will make you holy and whole when you submit your body, soul, and spirit to Him, The choices you make will determine the person you become because discipline, not desire, determines growth.

#### SCRIPTURES USED IN THE MESSAGE

- 1 Thessalonians 5:23 (MSG)
- John 10:10
- 1 Corinthians 6:19-20 (MSG)
- Matthew 11:20
- 3 John 1:2
- Psalm 43:5 (ESV)
- Ephesians 3:20 (ESV)
- Proverbs 4:25-26 (AMPC)
- Proverbs 17:22 (ESV)
- 1 Timothy 4:7b-8 (MSG)
- Acts 2:42

#### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What effect does the health of your body, or your soul, or your spirit have on the other two?
- What does it mean to live with a joyful heart? How can we live with joy regardless of our circumstances?
- Do you honor the Sabbath? Why or why not? How does sabbath relate to wholeness and holiness?
- In what areas of your life do you need to be made holy and whole? What choices do you need to make today to become the person you need to be in the future?

#### APPLICATION IDEAS

- Commit to taking the next step to submit every part of yourself to God. Take a walk. Participate in Serve Weekend. Attend Growth Track. Start a Bible reading plan. Make community a priority. Devote yourself to daily prayer.

#### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray that God would make everyone in your group and all of their loved ones holy and whole.

#### LEADER TIPS

- Commit to your coach or mentor to take specific steps to deepen your discipline as you submit your body, mind, and spirit to God.