



Fitness Week 4: Our Bodies

At Celebrate, LIFE groups aren't something we do, it's who we are. God did not design us to go through life alone, and LIFE groups are the best way to help you go from just attending a gathering, to connecting with others, and developing a deeper relationship with Jesus.

At this point in the group's life, you should have started to have connections with each other. However, if there are any NEW people joining, THEY are the most important person. If you have a guest, take time to have everyone introduce themselves. Also review group values.

Group Values

- We are all in the same boat (Romans 3:23)
- What is said in group, stays in group (Proverbs 11:13)
- If they are NOT in the room, and it's NOT praise, **DON'T say it** (Proverbs 17:4)
- We don't need to see eye to eye, but we do need to walk hand in hand (Ephesians 4:15)
- If you don't feel comfortable sharing/reading/praying...**THAT IS OK!** (1 John 4:18)

Ice breaker (10 minutes): How do you keep your body in shape? What grade would you give yourself right now in keeping in physical shape?

REMINDERS: 52 Sundays. Pastor Jeff challenged us for "52 Sundays" in 2019. If you are in town, make it a commitment to join us. If you are out of town, find a church to visit (we can help recommend). If you are sick, have to work, or just fall into a slump: Don't worry! We put all our messages online, so you can catch back up, even if you fall behind!

Message Discussion (30 minutes):

HOST NOTE: Encourage members to attend the Sunday gatherings at 10am. If they are not able to attend, encourage them to watch the message:

Website: yankton.church

YouTube Channel: [celebrateyankton](https://www.youtube.com/channel/UC...).

Encourage members to also take notes and bring their notes with them to LIFE group.

Principle of the First

God cares about our spiritual condition, but we don't often consider that He has expectations for our physical conditions as well. How might our physical condition relate to our spiritual condition?
1 Corinthians 9:24-27

Three Statements the Bible makes about your body

1. **My body is a House.** Just like with a house, we need to maintain our physical bodies. We can either pay now, or we will pay later. Are you in need of an “expert” to help with your physical health? What steps can you make to care for your “house”? *1 Corinthians 3:9*
2. **My body is a Temple.** We wouldn't allow garbage to pile up in the church, and in the same way, we need to “take out the trash” in our bodies as well. What are some areas where you can clean up? (Food, Media, Time, Words, Relationships)? *1 Corinthians 3:16*
3. **My body is a Gift.** In marriage the wife offers her body as a gift to her husband, and the husband to the wife. How can we protect this bond of unity? How does it relate to our relationship with Jesus? *1 Corinthians 6:19-20*

As Pastor Jeff stated, in both saddle bronc riding and barrel racing, there is a horse and there is a rider. The difference is who is in control. Discipline means we are in control of our thoughts and our physical health. How can you grow in the area of discipline? Who can hold you accountable for this?

God designed us to WIN at life. As our guest Niki Warren shared, no matter where you are, what is the step you can take today. If you are not part of a gym, consider joining or make an exercise routine part of your schedule.

Prayer (15 minutes): Ask if there are any prayer requests. If there are, write down the requests and then pray out loud for each request. Give an opportunity for others to pray if they would like, but NEVER force anyone to pray. Encourage members to write down prayer requests, and pray for each other during the week.

- If “prayer request” turns negative, gently remind of group values
- If major life events, ask for permission to share with Celebrate Prayer team. Send these to Pastor Jeff.