



BUILT DIFFERENT

Fitness: Strengthening Your Body (Physical) Discover Movement You Enjoy

*These questions are provided to lead the group in **applying** the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.*

1. Who has God placed on your heart to invite to The Table (1-Year Rally)? Have you had any table meetings yet (Church? Community? Cultures?)? If so, how's it going?
2. Think about when you played outside as a kid. What did you play? What did it look like for you?
3. What physical abilities do you want for yourself 15-20 years from now? If fear wasn't an option, what physical ability would you desire to accomplish?
4. Read 1 Corinthians 6:19-20. How much thought have you given the scripture regarding your body being a temple of the Holy Spirit and it belonging to God? What does that mean to you?
5. What attitude do you have regarding your body? 'Ignoring it,' 'Idolizing it,' or 'Imaging God' through it? Stewarding your body to serve is a positive way to Image God through your body. How can you best steward your body? How can you serve others through it?
6. Why do so many people complicate and make fitness so difficult? Can you think of an easy, fun movement you can apply daily and work towards strengthening your body?
7. Time to 'P.L.A.Y.' What movement will you do with purpose? What movement and actions will you do for the long haul? Who will you choose to be accountable and celebrate wins with?
8. How can this group pray for you and our church this week? Pray for people to invite to your Church Table, Community Table, and Cultural Table.



Recipe of
the Week



Movement
of the Week