



Eight Habits of a Transformed Life  
Pastor Lucas Jackson  
August 31, 2025

---

**Fellowship as a Spiritual Discipline**

Scripture: 1 John 1:1-7

# Life Group Guide

For the week of August 31, 2025

*"... train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." (1 Timothy 4:7-8 ESV) Eight Habits of a Transformed Life is a sermon series that invites us to explore the foundational spiritual disciplines that help believers deepen their relationship with Christ. Each week focuses on one key discipline, offering biblical insight, practical application, and encouragement to adopt it as a lasting spiritual habit.*

1. "A body in which the blood does not circulate properly is always below par, and fellowship corresponds to the circulation of the blood in the body of Christ. We gain strength through fellowship and we lose strength without it." (J. I. Packer) How have you gained strength in the past through fellowship with other believers?

2. Read 1 John 1:3-4. Why does John emphasize that our fellowship is first with the Father and the Son?

3. What are practices that you can commit yourself to in order to devote yourself to fellowship and encourage more strength in the body of Christ? Take some time to search the phrase "one another" in the New Testament. Commit yourself to practice one of the one another commands in Scripture.