

Get Fit Relationally

January 14, 2024

Get Fit Series Schedule:

January 7 - Get Fit Spiritually

January 14 - Get Fit Relationally

January 21 - Get Fit Physically

SERIES OVERVIEW

The Get Fit sermon series is about helping people find health in Spirit (Spiritually), Soul (Relationally), and Body (Physically). A visual representation of these three parts of us is displayed in the Identity 3-circle drawing:



Paul wrote a prayer in 1 Thessalonians 5 that God would sanctify the people entirely from the inside out, and he believed that God would bring it to pass. This is God's desire for each of us, not just in 2024, but throughout our lives - that HE would sanctify each of us entirely, from the inside out.

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. Faithful is He who calls you, and He also will bring it to pass. 1 Thessalonians 5:23-24

RULES FOR SMALL GROUP DISCUSSION

1. Confidentiality: What's said in the group stays in the group.
2. No cross-talk: Be considerate of others as they share. Refrain from side conversations and texting during group time.
3. No fixing: We are not in the group to fix each other. Jesus does that part.
4. Sharing: Be sensitive to the amount of time you share. Don't talk too much or too little. Every person brings something valuable to the group.

LEADER TIP:

Review the Rules for Small Group Discussion with your group each time you meet. Setting clear expectations will help create an atmosphere of trust and respect among group members.

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SERMON OVERVIEW AND DISCUSSION QUESTIONS

Recap

Key Passage - 1 Peter 1:22-23

LEADER TIP: This message might have stirred up deep feelings or brought to light some hidden issues among your group members. It's important to remember that your role isn't to solve their problems but to be there for them, listening and showing love just as they are. If you're ever unsure how to answer a question or handle a request, it's okay to say, "Can I get back to you on this?" Take the time to chat with a Pinelake Staff Member for guidance, and then follow up with your group member.

Reference Point - Soul (middle) circle of the 3-circle Identity drawing

Inside your body lives your soul. Your soul is comprised of your will, your emotions, your personality, and your intellect. Your will influences the choices you make. Your emotions show what you want and feel. Your personality determines your natural disposition and temperament. Your intellect informs the way you think and how you process things. Your soul is not temporary like your body. It is an eternal part of you that will be carried with you beyond this earthly life.

Overview -

We all seek meaningful relationships, and this desire aligns with what God wants for each of us. Genesis 2:25 gives us a glimpse into God's design for relationships. Adam and Eve were naked physically and spiritually, yet they felt no worry or shame. However, as soon as they turned their backs on God, their perfect relationship fell apart.

The same is true for us. When we choose to walk away from God, disregard His Word and His instruction, or live without acknowledging His presence in our lives, we face the consequences of a 'shattered' soul: shame, trauma, emptiness, bad memories, blame, broken relationships, etc. 1 Peter 1:22-23 shows us how we can purify our souls through obedience and the cultivation of sincere love.

How can you have a purified soul? You must have Christ in your life to sanctify you. Sanctification is a miracle of a moment and an ongoing process. You must also be honest with yourself - name your struggles and issues, be curious, and get help. The Holy Spirit can (and does) heal, but the most profound healing happens typically in connection with others.

God is the only one who can meet your deepest needs, including your desires to feel seen, known, and blessed. He designed you to be naked and unashamed. Landing question: If you were to evaluate yourself, are you "naked and unashamed" around the people you know the best?

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Read and Discuss

LEADER TIP: Pay attention to members who seem withdrawn, defensive, or quiet during the group discussion. Make a note to follow up with them during the next week.

- **Shattered Soul Reflection:** Reflect on the concept of a 'shattered soul.' In what ways have you experienced brokenness in your own life that might be a result of walking away from God?
- **Genesis 2:25 and God's Design:** Read Genesis 2:25. Discuss how being "naked and not ashamed" in the context of Genesis 2:25 can be applied to our relationships today. What does this level of vulnerability and trust look like?
- **1 Peter 1:22-23 and Love:** Read 1 Peter 1:22-23. What does it mean to you to love earnestly from a pure heart? How do you reconcile the idea of loving fervently with the challenges you face in relationships?
- **Prerequisite of Christ:** Discuss the role of Christ in your life as the prerequisite for healing and wholeness. How has accepting Christ impacted your personal healing journey?
- **Journey to a Purified Soul:** What does a journey towards a purified soul look like for you? Are there specific memories or habits that need sanctification?
- **Role of the Holy Spirit:** Share a time when you felt the Holy Spirit working in your life to bring about healing or change.

Take Action

LEADER TIP: Take a moment to review the following action steps with your group. Encourage everyone to write down one particular action step they plan to focus on during the week.

- **Personal Reflection:** Spend time this week in personal reflection or journaling about the state of your intrapersonal relationship. Identify areas that need growth or healing.
- **Prayer for Insight:** Pray for insight into the state of your soul. Ask for the Holy Spirit's guidance in revealing areas that need healing or improvement.
- **Engage in Honest Conversations:** With a trusted friend or small group member, have an open and honest conversation about your struggles in relationships and your journey towards a purified soul.
- **Seek Professional Help if Needed:** If you identify deep-seated issues, consider seeking professional counseling or guidance, possibly from a Christian perspective, to work through these challenges.

LEADER TIP: Close in prayer. Match up members with someone of the same gender. Ask them to share a short prayer request with their partner. Then, each person will pray for the other's request.