



Brand New

“New Fitness” – Chris Hodges **January 13, 2013**

Review It

Each of us has a desire for new things. We start each "new" year with a desire to change things and make this year better than last. The reason we struggle to actually make those changes is that we try to change things from the outside rather than let God change us from within. The great news we are discovering in this series is that God desires to make us brand new!

Talk About It

1. The idea that we're made up of three parts as a "triune" being is new for many. Discuss.
2. How we live our lives and treat our bodies has an effect on our witness for Jesus. In what ways is your life a good witness for Christ? In what areas do you need improvement?
3. The principle of the Sabbath is one that has been lost in our society. Why is it so hard to keep a Sabbath? What's keeping you from having one?
4. The greatest life change comes when we live with a sense of purpose. What's your purpose? What would your life be like if you lived daily, filtering what you do through the thought, "does this fulfill my purpose"?
5. Is your life honoring God fully? What in your life is not honoring to Him that you can change?

Think On It

Are there areas of your life that need to be surrendered to God in order for your life to truly change? Your schedule? Your finances? Your diet? Ask the Holy Spirit to reveal anything that's in the way of the abundant life He has for you.

Act On It

Begin an active plan to make your spirit stronger. Start a list of things you can do to feed your spirit, and begin doing them. Also look at what you may need to stop feeding your soul and your body. Make a list and begin to make some changes in those areas.