



## Elite Life

Part 5: Fitness Life

Small Group Study Guide

### Warm Up:

1. When were you in the best physical condition of your life?
2. Do you think it is possible for you to get back to something close to that? If "yes," what would it take? If "no," why not?
3. We discussed three general areas of fitness: diet, exercise and rest. Which one of these is easiest for you? Which is most difficult? Why?

### Digging In:

4. Read Proverbs 3:5-8. Do you think God's path for us includes a physical element?
5. Read 1 Cor. 6:19-20. What does it mean when he says of us that "You are not your own"? How does this affect the fitness realm?
6. What are your thoughts about God's interest in our diet? What does scripture say?
7. What are your thoughts about God's interest in our exercise? What does scripture say?
8. What are your thoughts about God's interest in our rest? What does scripture say?

### Wrapping up

9. 1 Cor. 9:27 speaks of not being disqualified. What does that mean? How can we be sure to avoid being disqualified.
10. In what areas do you sense God leading you to make adjustments? How will you do that? When will you do it?