

LIFE Group Session 1

# The Real McCoy in My Spiritual Health

## CHECKING IN

If this is your first time to meet as a group, or if you have any new group members, be sure to introduce yourselves. Before you begin this study, we recommend that you review the LIFE Group Covenant on the last page. Share with the group what you hope to get out of this LIFE Group series.

## MEMORY VERSE

*“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”* (2 Corinthians 5:17).

## VIDEO: SEVEN HABITS FOR SPIRITUAL HEALTH

Watch the video lesson now and follow along in your outline.

### 1. I must \_\_\_\_\_ supremely.

*“If you want to be My follower you must love Me more than your own father and mother, wife and children, brothers and sisters—yes, more than your own life. Otherwise, you cannot be My disciple”* (Luke 14:26).

### Spiritual health is measured by \_\_\_\_\_.

*“The most important commandment is this ... you must love the Lord your God with all your heart, [passionately], all your soul, [willfully], all your mind, [thoughtfully], and all your strength [practically—live like you love Him]”* (Mark 12:29-30).

### 2. I must \_\_\_\_\_.

*“Cast all your care upon Him, for He cares for you”* (1 Peter 5:7).

*“Blessed is the man who listens to Me, watching DAILY at My doors, waiting at My doorway”* (Proverbs 8:34).

*“You have stored up great blessings for those who honor You. You do so much for those who come to You for protection, blessing them before the watching world”* (Psalm 31:19).

### 3. I must \_\_\_\_\_ and \_\_\_\_\_ His Word.

*“Blessed is the man ... [whose] delight is in the Law of the Lord, and on His Law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers”* (Psalm 1:1-3).

*“You are my friends if you do what I command”* (John 15:14).

*“The man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does”* (James 1:25).

**4. I must \_\_\_\_\_ my income.**

*“Bring the whole tithe into the storehouse, that there may be food in My house. ‘Test Me in this,’ says the Lord Almighty, ‘and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it’” (Malachi 3:10).*

You cannot out-give God!

**5. I must learn to \_\_\_\_\_.**

*“If you have love for one another, then everyone will know that you are My disciples” (John 13:35).*

*“If someone says, ‘I love God,’ but hates a Christian brother or sister, that person is a liar; for if we don’t love people we can see, how can we love God, whom we have not seen?” (1 John 4:20).*

**Spiritual growth happens in \_\_\_\_\_.**

*“If you have love for one another, then everyone will know you are My disciples” (John 13:35).*

**6. I must \_\_\_\_\_.**

*“For even I, the Son of Man, came here not to be served but to serve others, and to give My life as a ransom for many” (Mark 10:45).*

**7. I must pass on the \_\_\_\_\_.**

*“Take the teachings that you heard me and proclaim them in the presence of many witnesses, and entrust them to reliable people, who will be able to teach others as well” (2 Timothy 2:2).*

You’re going to go to Heaven because somebody told you. And somebody told the somebody who told you. And somebody told the somebody who told the somebody who told you. Is the chain going to break with you? Is anybody going to be in Heaven because of you? Christianity is always one generation away from annihilation. One generation away! If you don’t tell somebody, then who is going to tell them? Jesus says to be a disciple you must pass on the Good News.

*“Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age” (Matthew 28:19-20).*

## DISCOVERY QUESTIONS

Pick at least one or two of the following questions to discuss:

- What seems to get in the way of your spiritual growth?
- In the video you learned about the importance of a daily time with God. How do you have a daily time with God? What is your normal routine? What typically interferes with your time with God?
- Why is being in a LIFE Group and serving others so important to your spiritual growth? What can you learn through relationships that you can't learn on your own?
- Spiritual growth is a choice. In what ways have you chosen to grow spiritually? What has been most effective in helping you grow?

## PUTTING IT INTO PRACTICE

- In this session we discussed the seven habits that help us grow spiritually.
- Which of these habits do you need to work on the most?
- What is one thing you can do to begin to make that habit a reality in your daily life in the next three months?
- Talk about this with your group and share ideas with each other.

## MY THREE-MONTH GOAL

- Settle on one thing you will do and make a three-month goal to grow in this area of spiritual health. Be sure your goal is a SMART goal: Specific, Measurable, Attainable, Relevant, and Time-bound. For example instead of the general "I want to grow spiritually," a SMART goal might be "I will memorize Romans 12 in the next ninety days," or "I will spend fifteen minutes in a quiet time every morning for the next three months." Write your goal for this one area here:  

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- When it comes to setting goals, it is important that you make a plan and then check your progress on a regular basis. Goals that are not written down and set in motion are just ideas, and we rarely feel any commitment to following through on all of our ideas. You may even want to set a time in the future as a group to share how each group member is doing with their goals and celebrate what God is doing in each of your lives.

## PRAYER DIRECTION

One way we can show our love for one another is by committing to pray for one another. Take some time as a group to share your prayer requests.

## DIVING DEEPER

- Read the daily devotions for days one through seven.
- Read the Memory Verse every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.

## LIFE Group Covenant

WE AGREE TO THE FOLLOWING VALUES:

### **Clear Purpose**

To grow healthy, spiritual lives by balancing the five biblical purposes in the LIFE Group.

### **Group Attendance**

To give priority to the group meeting (call if I am absent or late).

### **Safe Environment**

To create a safe place where people can be heard and feel loved, so we will be careful with being judgmental, giving quick answers, and offering our simple fixes to complex situations.

### **Be Confidential**

To keep anything that is shared strictly confidential and within the group.

### **Conflict Resolution**

To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17, which begins with going directly to the person with whom you have an issue.

### **Spiritual Health**

To challenge and encourage one another to live a healthy and balanced spiritual life that is pleasing to God.

### **Limit our Freedom**

To limit our freedom by not serving or consuming alcohol during Celebrate LIFE Group meetings or events so as to avoid causing a weaker believer to stumble. (1 Corinthians 8:1-13, Romans 14:19-21)

### **Welcome Newcomers**

To invite our friends who might benefit from this study and warmly welcome newcomers.

### **Building Relationships**

To get to know one another even outside the group time and pray for one another regularly.

### **Mission Motivated**

To work toward understanding how our group can effectively participate in Celebrate's mission opportunities.

### **Shared Responsibility**

To work with each other to share group leadership.

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