



Small Group Study Guide

Into the **DEEP** End

July 19, 2020
“LET’S GET FIT”

OPENING PRAYER

Heavenly Father, thank you for working in us and not being a distant God somewhere out there who doesn't care. Thank you for the reminder, in this text, that we need to work out our faith. Unfortunately, we don't always get this right. Sometimes we get it backward and think we will grow deeper the more we work. Father, forgive us and help us get this right. Help us to work out our faith so we can shine like the stars in the sky. We pray this in the matchless and powerful name of Jesus. Amen.

SCRIPTURE PASSAGES:

Philippians 2:12-16 (NIV)

¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.

¹⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.”^[a] Then you will shine among them like stars in the sky ¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain.

INTRODUCTION

Moving out of the shallow end starts with feeding ourselves spiritually. But if we stop at that first step, we'll be left spiritually fat rather than spiritually fit. How do we prevent that from happening? The next step involves a spiritual workout that's unique for each of us.

It's easy to believe that working out your faith is important but sometimes we lack the motivation to consistently put it into practice. Your group members can serve as "spiritual trainers" for one another. Determine one thing you can do in the next two months to work out your faith. As a group, discuss how you can encourage each person to stay focused on their one thing.

QUESTIONS

- 1) Have you noticed any similarities between maintaining your physical health and your spiritual health? Share your thoughts.
- 2) Have you ever not liked the way you looked spiritually? What contributed to you feeling that way?
- 3) Read Philippians 2:12–16 on page 1. Paul says there is both a working out and a working in related to our faith. Have you believed that deeper faith only involves God working in you? Share why or why not.
- 4) Deeper faith isn't just a collection of experiences, but a collection of applied experiences. Where are you currently applying your faith experiences or working out your faith?
- 5) How could you start, re-start, or continue working out your faith? In which of the areas below are you currently working out your faith? In which areas could you begin to do so?
 - a. Serving at church.
 - b. Inviting others to worship.
 - c. Sharing something you learned.
 - d. Being generous.
 - e. Reading and listening with action.
- 6) Faith that is exercised shines. Imagine what our community and our church would look like if every follower of Jesus chose to prioritize the working in and working out of our faith. What could that look like?