

FIT **HOW THE SPIRITUAL DISCIPLINES HELP US LOOK MORE LIKE JESUS**

GROWTH GROUP MEETING GUIDE

YOU WERE NOT MEANT TO DO THIS ALONE

Throughout the *FIT* sermon series, we're calling every person at Peace Church to make use of the *FIT Program Log Book* - a guide that helps individuals put spiritual disciplines into practice so that we might become more like Jesus. The content of the *Program Log Book* and the work that the individuals in your Growth Group invest in this program will act as the foundation of your Growth Group discussion. All members of your Growth Group should be equipped with a *FIT Program Log Book*.

PREPARE

Following the plan laid out in the *FIT Program Log Book* will be key to a meaningful Growth Group meeting. Every Growth Group member (especially group leaders) should commit to working through this program on their own.

Before you come to your Growth Group meeting, take some time to review the *Program Log Book*. Note the answers to the questions, thoughts, and reflections recorded there.

REVIEW & DISCUSS TOGETHER

- Review the most recent sermon. What was the main idea of the message?
- Read aloud the Bible passages assigned in "Day 2" that week.
- Based on the sermon and your individual work in the *Program Log Book*, share your reflections from this week.
 - Make this a conversational discussion, not a classroom-type question and answer time.
 - Stimulate discussion by looking at some of the most challenging or interesting questions asked in the *Program Log Book* that week.

APPLY

As you wrap up your group discussion, let every member of the Growth Group share with the group their answer to the following statement:

Based on what I heard in this weeks sermon, read in God's Word, and what I've put into practice this week, I want to... [action step(s)]

PRAY

- Turn to "Day 3" in your *FIT Program Log Book* and read aloud the scripture assigned that day.
- Allow some time for silent reflection.
- Read aloud the Bible passage again.
- Take time to pray aloud in an unhurried way.
 - Ask the Lord to help you and your brothers and sisters fulfill the words of the passage.
 - Pray over the needs, concerns, and hopes of the group.
 - Encourage multiple members of the group to pray aloud.

