

## Liberty LifeGroups Discussion

### GET FIT 1

JANUARY 2 , 2022



This Discussion Guide is prepared to help believers apply the truths of Scripture to life. As you prepare, make sure you have read the Scripture text and listened to the Sermon. If you missed the Sermon, go to [www.experienceliberty.org](http://www.experienceliberty.org) and select the Sermon title listed above.

*"WE ALL HAVE NEW YEARS RESOLUTIONS" ----MATT BURRELL*

#### PHYSICAL OR SPIRITUAL FITNESS

*Matt burrell*

It's time to set some new resolutions this year. Let's focus on primarily this year on spiritual fitness instead of physical fitness.

- If we want to become spiritually fit, you must put in the hard work to make that happen. What do you think you should do to be spiritually fit? What are your spiritual goals for the coming year and how do you attain the goal?

#### READ MATTHEW 4:1-11

##### 1. THE CHRISTIAN MEAL PLAN

**Matthew 4:3** *And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

To begin we should understand that out of all the good things in our lives, there will come a time when God allows the enemy or tempter to come to us and test us. He questions our position in the kingdom. Today it might sound like this: "If you are who you say you are..."

- How would you respond when you are questioned about the strength of your faith?
- Have you ever doubted your faith? Where did the doubt come from and how did you respond?
- After 40 days of fasting in the wilderness, it would have been easy to give in to the enemy. Yet Jesus had a greater purpose in resisting. What do you think that purpose was?
- Read **Deuteronomy 8:3** and compare it to this verse.
- When or what does it take to make a man understand self-reliance is making one his own God?
- Other than having a physical need, what other need supersedes it?
- Can you identify your own personal spiritual needs?

Jesus had an answer for the enemy when the temptation came.

- What do you do to be ready when a tempter comes to you?
- Have you ever been asked a Bible question and not had the answer? How would you rate your Bible knowledge...good, fair or poor? What can you do to better your knowledge?

##### 2. EAT FOR TODAY

According to the response of Jesus, life is not only based on bread as in a physical need but more so on the Word of God.

- I think one must consider which is fed more in our lives, the physical or the spiritual?
- Jesus states that every word that proceeds from God is a necessity for life.



In the same way, we all must study God's word often and ensure that we keep His words hidden in our hearts (Psalms 119:11). Peter instructed us to be always ready to give a defense of the hope within us (1 Peter 3:15), and we can only do this if we regularly read the Bible.

- Do you have a regular Bible reading plan?

### 3. EAT FOR TOMORROW

The Word of God is the most important thing in your life.

- If that is a true statement, why do we spend more time on what is temporary rather than what is eternal?
- What is the last Bible passage you have studied? How did God speak to you through the study?

### TAKE HOME CHALLENGE

- ☐ DOWNLOAD A READING PLAN
- ☐ READ YOUR BIBLE DAILY
- ☐ MEDITATE ON THE WORD DAILY