

Liberty LifeGroups Discussion

GET FIT 2

JANUARY 9 , 2022

Get Fit



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 and select the Sermon title listed above.

GET THE RIGHT COACH

Matt burrell

“Most Christians speak to everyone but who they should. You need the right coach; you need to pray”

- The internet is loaded with disinformation. How often do you go to Google to seek spiritual growth? I searched the term “Christian Spiritual Growth” and received 57,200,000 results. Do you think all of those are 100% accurate?
- Why do we seek out the internet instead of God’s word and prayer?
- Most Christians never ever pray. Why not? What are some reasons (excuses) we don’t pray?

Read Philippians 4:6-7

Phl 4:6 - ***Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

- Many Christians worry about everything. Is worry a sign of unbelief or lack of confidence in what God is doing?
- What are some things you worry about? Worrying on average takes up 5 years of your life!
- What does worry do for your Christian walk?
- Paul says to be anxious for nothing. How?

...but in everything by prayer and supplication

- What is prayer by definition?
- What have you prayed about recently?
- Look at Luke 11:2-4. Here we find what is called the Lords Prayer. Break these verses down and discuss how we should pray.
- What is supplication?
- Why does Paul tie prayer and supplication together?

...with thanksgiving

Often, we ask of God for certain things, but fail to offer our thanks when the answer comes. Our joy in the thing overshadows the thanks for our answer. Tell of a time when you sought God in prayer and supplication, and He answered. Did you remember to give thanks?

...let your requests be made known to God;

Notice it’s not the internet Paul says we make our requests known. Our requests go to God and him alone. Usually, we make our requests to our friends, coworkers, or family. Should every request needed be made known to God?

...and the peace of God

- Think about and discuss what that kind of peace looks like