



Session Two: Work It Out

INTRODUCTION

Moving out of the shallows 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.

DISCUSSION 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.** 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?
 - Serving at church
 - Inviting someone to church
 - Sharing something you're learning
 - Being generous to someone in need
 - Reading and listening with action
6. A 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?

Moving Forward

It's easy to believe that working out your faith is important but 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.