



LIFEGROUPS

Series: *Get Fit*
Message: *Mirror Mirror*

Scripture: *Genesis 45:1-8*

Date: August 3-4, 2019

—[LET'S START]—

Our new *Get Fit* series began this week. During this series we'll be peaking in on the progress of seven Wooddale attendees who made a commitment to getting spiritually and physically fit over the course of the summer months. What are some fitness goals – both physically and spiritually that you have made and kept over the years? What are some goals that have been a little more challenging to keep?

—[LET'S TALK]—

1. **GRATITUDE AND PRAYER:** What happened last week for which you are thankful? What challenges do you see in your life? Your family? The World? Thank God for the beautiful ways that He has been at work. Pray for the challenges that those in your group are currently facing.
2. We are using the book of James as our guide for this series. This week, we are going to focus in on James chapter one. We're going to break this chapter down section by section today and ask some questions as we go. Someone read James 1:1-12.

What is encouraging about what James writes here? What is challenging to you? Can you think of a time that you have seen God work through trials in your life in what was ultimately a beautiful way?

3. Read James 1:13-18.

What are some ways that you have found to stay faithful to God when undergoing a season of temptation? What is James' point about the relationship between temptation and sinful desire? How do we see faithfulness displayed as being rooted in the trustworthiness of God in this passage?

4. Read James 1:19-27

What are some of the key takeaways from this passage? Why do you suppose it is so difficult to live out what James is teaching us in these verses? How does verse 27 convict you? Who are our modern day widows and orphans? It seems like the church is quick to speak about the first part of verse 27. What about the last part of the verse? What would it look like to live this way? What are some practical ways that we could practice all James 1?

—[LET'S ACT]—

In his message, Pastor Dale encouraged us not to be “pew potatoes” who spectate and don’t participate. He encouraged us to get in the game. Be thinking about how you can increase your physical activity in healthy ways. Our bodies are a temple of the Holy Spirit so we should take care of them. If you are willing, share one way that you could incorporate more physical activity in your life.

This sermon series is ultimately about spiritual fitness. What is one way that we can be praying for you to grow more spiritually fit over the course of the next few weeks?

—[SERMON REVIEW]—

- Unless you exercise your discipline and eating won’t do any good!
- The same is true about spiritual fitness! You can have access to all the necessary spiritual tools, but if you don’t do the exercise of putting into practice what you discover it won’t do your life any good!
- James will be our trainer for this series. He has impressive credentials and mentoring in his own life. He was the leader in the mother church located in Jerusalem and the half-brother of Jesus.
- The church in James’ day faced persecution and pressure to compromise with culture. We are facing the same type of thing today.
- James’ first chapter can be likened to our CORE strength. When your core is strong the rest of your muscles actually get stronger.
- Faithfulness should be a core strength in our spiritual lives.
- Faithfulness is strengthened when we practice our faith in difficult circumstances. James 1:1-12
- Faithfulness will often be challenged and tested. – vs. 13-17
- Faithfulness is rooted in the trustworthiness of God. – vs. 17-19
- Faithfulness is grounded in the word of God. – vs. 19-21
- Faithfulness puts the word into demonstrable and visible action. – vs. 22-25

—[NOTES]—
