

Icebreakers:

1. At what point in your adult life were you the healthiest? How did you live differently then?
2. Who is someone who has helped you be more spiritually healthy? How'd they do it?

Sermon Summary: It's easy to lose our motivation to be spiritually healthy, isn't it? In those moments, we need outside help, and the apostle Paul is the perfect person to serve as our personal spiritual trainer. His qualifications are impeccable and his heart is driven by a desire to see us succeed- let's listen to him!

Discussion Questions:

1. Do you find it hard to approach someone to ask them for help? If yes, why is it so hard? If no, how did you grow comfortable with it?
2. How important is it to be able to **trust** the person we choose as a guide on the journey to regaining spiritual health? Why?

*Paul's Qualifications

3. What are some personal agendas that can get in the way of helping other people become spiritually healthy?
4. How can you tell that someone is trying to help you to advance some kind of personal agenda? How can you tell when someone is actually sincere?
5. Is it hard to believe that your leaders (parents, pastors, teachers, government officials) have been chosen for you by God and sent to you for a reason?

*Paul's Heartbeat

6. How does it make you feel to hear Paul call you God's "elect" or "chosen one"? Is it a positive emotion or a negative one and why?
7. Have you shared the good news with someone you hoped would choose to trust God but they refused? Tell the story...did they ever change their mind?
8. How many people have loved you enough to call you to face reality when it would have been much easier to let you just continue in your delusion?
9. We all understand that we are supposed to live what we say we believe – that's religion 101 – so why do we all find it so hard to consistently do it?
10. What does it look like to be full of hope? How does a person like that handle blessings? Disappointments? Betrayals?
11. What obstacles want to get in the way of you pursuing spiritual health today?



WORK IT OUT

Developing a Healthy Faith

Pastor Toby Locke • Week 1 • 5/17/2020

Meet Your Trainer

Titus 1:1-3

Introduction: Have you ever felt intimidated by spiritually healthy people? What might give you more courage to ask them for help?

Paul's Qualifications (Titus 1:1a)

- He is a _____ of God.
- He is an _____ of Jesus Christ.

Paul's Heartbeat (Titus 1:1b-3)

- "I want you to _____ God."
- "I want you to _____ the _____."
- "I want you to _____ the _____."
- "I want you to be _____ with _____!"

Conclusion: Paul is the ideal personal spiritual trainer to guide us on the journey towards spiritual health – let's listen to his words!