

# core

STRENGTHEN WHAT MATTERS MOST



## Life Group Questions: Be Strong

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### Read

Joshua 1:1-9

### Reflect

When God created the universe, he looked around and called it “very good.” Many religions have sought to minimize the physical – they say that it doesn’t matter, or that the spiritual is superior. Christianity, on the other hand, says that the physical world matters. Jesus’ resurrection proved that God had plans for the physical world and that includes our bodies. Our physical health isn’t just important; it is directly tied to our spiritual health. Are we taking care of the body God has given us? How does your spiritual life suffer when your physical life isn’t where it should be?

Pastor Josh Surratt gave us five ways to strengthen our physical core:

1. Decide to change
  - a. What part of your physical life needs to change? What is keeping you from making that change?
2. Take the first step
  - a.. What steps can you take this week to begin to strengthen your physical core?
  - b. What goals can you set for this month? For this year?
3. Keep my eyes ahead of me, not around me
  - a. Read Galatians 1:10 and 1 Corinthians 10:12b. What happens when our desire to change physically is based on pleasing others?
  - b. How would your attitude and efforts change if you saw your physical goals as honoring God instead of pleasing others (or yourself)?
4. Expect God to do his part
  - a. God didn’t leave Joshua to his own devices. He told him to be strong and courageous, but he also promised that he would be with Joshua at all times. Similarly, God will always be with us. Is it encouraging for you to know that God is with you in your efforts?
5. When I quit, start again
  - a. Read Proverbs 24:16. We will all experience setbacks. What matters is not avoiding those setbacks, but persevering past them. What challenges do you anticipate? How can you make sure that you push past them?

What was your biggest take-away from the weekend message?

### Respond

- What do you feel like God is asking you to do in response to the weekend message? What is your next step?
- How can your Small Group support you and hold you accountable in this?