

CrossFit

Session 4 Discussion guide

Open your Life Group with prayer. Spend whatever time is needed for any of the members to share needs or concerns. Go through the discipleship questions your group has decided to use. If you have time then:

Have someone read 2 Thessalonians 2:13-17; Titus 2:11-14

1. Where in Wesley's illustration of the House of Grace do you find yourself? If the inner rooms, which room are you most comfortable in?
2. Explain what "Sanctifying grace is the work of the Holy Spirit perfecting *in us* what God has done *for us* through Jesus Christ" means.
3. Do you agree that sanctifying grace means we sin less rather than we are sinless? Why or Why not?
4. Sanctifying grace means we are under construction. What area or areas of your life is God working on now? Your thoughts, your speech, or your actions; or something else?
5. How has this series, CrossFit, benefited you mostly?

Discuss if your Life Group would be willing to take a month as the coordinator for "Helping Hands," which does meals from those in need in our church family. If your group is willing, contact Lynda Newsome lnesome1994@twc.com