

Putting On Muscle – The Exercise of Growth
Lesson 3
Sunday, March 27th of 2022
Lead Pastor Tim Seay

HERE'S THE BIG IDEA

In the natural, exercise benefits muscle growth by increasing muscle mass, strengthening bones, improving joint flexibility, controlling weight and balance. From a spiritual perspective, Lead Pastor shared that by exercising godliness, brotherly kindness, and love, this strengthens us as well as our relationships with others.

KEY SCRIPTURES (NASB)

John 3:16, 1John 2:15-17, 1Corinthians 13:1-8

FOOD FOR THOUGHT

Share one of the most challenging exercises you have ever done and what made them so challenging? Explain

LET'S TALK ABOUT IT!

- I. The Exercise of Growth
 - A. Godliness – our view of God shapes how we deal with people
 - B. Brotherly Kindness – how we relate with others in the body
 - C. Love – walking in and having love for the unsaved
 - Q. Share a time when an area listed above presented a challenge in your relationships. How did you work thru it? Explain

LIVE IT!

Putting on muscle in the natural has its benefits, but so does putting on muscle in the spiritual. Exercising in the natural provides direct benefits to our bodies but exercising in the spiritual benefits us as well as our relationships. Viewing others through God's eyes, being kind to one another, and loving others as Christ loves us provides the greatest benefits of all.

Today, take a moment to review your relationships. Are you exercising godliness, brotherly kindness, and love? If you are, great! However, if you find yourself challenged in any one of these areas, lets pray and ask God to help us see others as He sees them, walk in unity with your brothers and sisters and most importantly, exercise love, in Jesus' name...Amen!