

Body Building God's Way
Spiritual Body Building With Church

PERSONAL APPLICATION

Review the main lesson outline briefly

1. Before this lesson, what did you see as the purpose for going to church?
2. How has that view changed as a result of what you have learned from this lesson?
3. What changes will you make in your life as a result?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Hebrews 10:24-25

Thought:

Tuesday – Ephesians 4:11-16

Thought:

Wednesday – Acts 2:41-47

Thought:

Thursday – 1Corinthians 12:27

Thought:

Friday – John 10:1-18

Thought:

Saturday – Philippians 1:12-18

Sunday – “*Why are these people in my life?*”

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Body Building God's Way
Spiritual Disciplines & Why They are Important



Spiritual Body Building
With Church!

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What Do I Get Out Of Church?

Hebrews 10:24-25

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NOTES

I. What will church do for me? – Acts 2:41-47

(What a “church” is, tells me what it will do for me!)

1. Fellowship – a place to belong – Acts 2:42, 44
2. Family – a place to be loved – Galatians 6:10, Acts 2:45,
(*encouragement* - Hebrews 10:24-25)
3. Flock – a place to get direction – John 10:1-18, Isaiah
53:6
4. Body – a place to be significant – 1 Corinthians 12:27

II. How do I use it? – Hebrews 10:24-25

1. Be Converted – Acts 2:41
2. Get Connected - Hebrews 10:25, Acts 2:44, 46
3. Stay Committed - Acts 2:42-47
 - a. Study & learn – Acts 2:42
 - b. Serve – Acts 2:45, Ephesians 4:16
 - c. Support & protect – Acts 2:44-47
 - a. Peace within the team – Ephesians 4:3, 29
 - b. Purpose of the team – Romans 15:5-7

III. What results will I see? Acts 2:42-47

1. Peace & joy in my life – Acts 2:46
2. People to encourage me & support me – Acts 2:44-46
3. Purpose – Ephesians 4:16, 1 Corinthians 12:27
4. Personal spiritual growth – Ephesians 4:11-15
5. Presence of God in my life – Acts 2:43, 47