

## **Spiritual Fitness - Character**

*We're going through this series on our Spiritual Fitness.*

*Core Training*

### **Character**

*Attitude*

*Knowledge*

*Arms & Legs*

*Prayers*

*Worship*

*Outreach*

*Daily Walk*

*Families*

*Work Life*

*Relationship*

*Endurance*

*Sabbath, kok*

*Prayer*

*Discipline*

*Tempo*

## **Spiritual Fitness: Character - 1 Peter 2:4-12; Hebrews 10:19-25**

### **Warming Up**

1. What builds character?
2. Do you remember the 9 godly fruits of the Spirit that we should keep in step with?
3. Share an experience where being in a community (friendship, marriage/family/relationship, fellowship) help you to shape your character.

### **Into the Passage**

*Read 1 Peter 2:4-12*

4. What does verse 5 mean? What do you think it means to be a holy priesthood?
5. Jesus' life is the cornerstone that we build on. How does that help us as we deal with our character?
6. After reading 1 Peter 2:4-12, do you think that both our godly character and reputation can be cultivated as we follow Christ?

*Read Hebrews 10:19-25*

7. What do verses 19-22 mean? How does that change the way you think about yourself?
8. In these verses, it says, "Therefore, Since we" and then "Let us." Why is the author's point in doing this?
9. What are the three "Let us" actions that we should do. How do these things help with building our character?

### **Moving Forward**

10. Why is it hard for us to cultivate godly character?
11. Why is God's community important for us to cultivate godly character?

### **Life Together**

*Character is transformed by three things. First, you have to aim at the right goal. Second, you have to figure out the steps you need to take to get to that goal. Third, those steps have to become habitual, a matter of second nature. -Tom Wright (Bishop of Durham)*

12. Discuss this statement. What is an aspect of your character that you are working on? What are the steps to develop it? And how can you help those become second nature?
13. What can you do to start spurring each other in your cell group to run the race?
14. In smaller groups, share honest character evaluations of one another, and pray for each other.

## Leader's Guide : Spiritual Fitness - Character

*These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Most of them are my own thoughts, so take that with a grain of salt. Let the Word of God lead you to truth, not these notes.*

### Into the Passage

*Read 1 Peter 2:4-12*

4. What does verse 5 mean? What do you think it means to be a holy priesthood?

*We have been chosen to be part of God's church - his body. We have been made holy and pure, and are a spiritual house of worship for God. Awesome! We are God's chosen people, called to live lives of holiness to the world around us.*

5. Jesus' life is the cornerstone that we build on. How does that help us as we deal with our character?

*The cornerstone is the first block placed in building a building. It marks out the direction that the rest of the blocks are placed. If it is misplaced, the whole building would be built skew. Understanding that Jesus is our cornerstone means that we live our lives according to his standard, not our own.*

6. After reading 1 Peter 2:4-12, do you think that both our godly character and reputation can be cultivated as we follow Christ?

*If we focus on our character, understanding that we are his royal priesthood, it changes our mindset on why our character needs to be shaped and redeemed. As we follow Christ, our character is cultivated, and even though we might undergo persecution, the world around would still acknowledge what is good. And when God returns we will be justified in our actions.*

*Read Hebrews 10:19-25*

7. What do verses 19-22 mean? How does that change the way you think about yourself?

*We have the amazing opportunity to come face to face with God. We have been saved and redeemed. It means that God has given us a new*

*calling and purpose – that we are not failures, or rejected, but redeemed, forgiven, and set onto a path of righteousness.*

8. In these verses, it says, “Therefore, Since we” and then “Let us.” What is the author's point for doing this?

*The author is trying to help us to see a primary motivation for our behaviour is understanding our new position in Christ, and our relationship with God. It is by him and through him that we can now do these things. Salvation does not come from good works, but a freedom to become good comes through salvation.*

9. What are the three “Let us” actions that we should do. How do these things help with building our character?

*Let us draw near with a true heart in faith.*

*Let us hold fast to our confession of Christ.*

*Let us think about ways to encourage one another to love and good works.*