

Spiritually fit people _____ gratification.

Proverbs 17:17

A friend loves at all times, and a brother is born for a time of adversity.

Romans 14:1-9

Accept other believers who are weak in faith, and don't argue with them about what they think is right or wrong.

Spiritually fit people consider the _____ of their words and actions.

²For instance, one person believes it's all right to eat anything. But another believer with a sensitive conscience will eat only vegetables. ³Those who feel free to eat anything must not look down on those who don't. And those who don't eat certain foods must not condemn those who do, for God has accepted them.

Ideas and opinions are formed in _____.

Spiritually fit people put relationships _____.

⁵In the same way, some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable.

Consider the _____ you're in.

Investing in _____ requires us to do things we don't want to do.

LIFEGROUP DISCUSSION NOTES

Five ways Scripture teaches us to delay gratification:

1. Deny Yourself

Matthew 16:24-28 ²⁴ "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. ²⁵ If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it."

2. Prioritize Vertical and Horizontal Relationships

Matthew 6:33 (NIV) Seek first his kingdom and his righteousness, and all these things will be given to you as well.

3. Make a Plan

Luke 14:28 "Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?"

1. What area of life is hardest for you to practice delayed gratification? Eating, exercise, spending money, invest money, reading, organization, prayer, relationships, hard work, chores, etc?

2. Have you written down your long-term goals? Do you have a plan to achieve them? Share your progress in doing this with the group.

4. Know the value of God's blessing

I Corinthians 2:9 No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.

5. Be patient

Galatians 6:9 So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

3. Does God still bless people who follow His instructions? Or is that just a myth made up by the proponents of the prosperity gospel?

4. Have you ever doubted God because it seems like He's not blessing your efforts?

5. If you have time, spend some time helping each other make a plan to reach a goal.

If you would like to use the "Let's Talk About It" videos in your devotions, go to: www.youtube.com/NewLifeGillette