

_____ and _____ are the keys to lasting fitness.

Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Christians need the _____.

If we don't prioritize what we put in our schedule, we fill it with:

1. Things that we _____ like doing.
2. Things that are _____.
 - 2a. We didn't get it done before.
 - 2b. We didn't say "no".

Fit people prioritize _____ things over urgent things.

**"If you take care of important things, the urgent things don't show up as often."
- Seth Godin**

We all have time for what we choose to _____.

Luke 10:38-42

Do the things that matter most _____.

When you put off the things that matter most, you let:

Good get in the way of _____.
Urgent get in the way of _____.
Preference get in the way of _____.

4 steps to spiritual fitness:

1. Stretch your _____ zone.
2. Warm up your _____ muscles.
 - 2a. Pray
 - 2b. Give
 - 2c. Take Risks
3. _____ yourself to become like Christ.

Do not merely listen to the word...Do what it says. James 1:22

4. _____ in God's grace.

LIFEGROUP DISCUSSION NOTES

Psalm 90: 1

Lord, through all the generations you have been our home! ²Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God. ³You turn people back to dust, saying, "Return to dust, you mortals!" ⁴For you, a thousand years are as a passing day, as brief as a few night hours. ⁵You sweep people away like dreams that disappear. They are like grass that springs up in the morning. ⁶In the morning it blooms and flourishes, but by evening it is dry and withered.

- 1. Talk about the happiest times in your life. What was your schedule like during that period?**
 - 2. Talk about your time management skills. What is something that you need to remove from your schedule? What are some ways you can better use your time?**
 - 3. It seems that the older we get, the faster time moves. Why is that? When you are on your death bed, what will you say that you wish you would have done more of or less of?**
- ¹⁰Seventy years are given to us! Some even live to eighty. But even the best years are filled with pain and trouble; soon they disappear, and we fly away. ¹¹Who can comprehend the power of your anger? Your wrath is as awesome as the fear you deserve. ¹²Teach us to realize the brevity of life, so that we may grow in wisdom.
- 4. A "WHAT" is too small a thing to live for. We have been called to live for a "WHO". What is keeping you from fully living for God?**
 - 5. What is one way you can shift your priorities this week to take advantage of an opportunity to participate with God in the world? How can this group support you?**