



Life Group Discussion Guide

November 5 – How to Have a Good Workout Phil. 2:12-18

Icebreaker: (Choose 1)

What's your favorite memory of sports, whether watching or playing? For those of you who do not like sports, what is an activity you do or enjoy watching that others may not know about you?

Do you have a favorite workout or physical activity? Why? Do you have a specific fitness goal or achievement you're currently working toward?

Discussion Questions:

1. How have you seen others trade a vibrant spiritual life with Christ for an "overweight" or "obese" version of Christianity? Why do you think someone would choose that?
2. How have you seen Christians practice a complete "spiritual workout"?
3. **OBEEDIENCE:** How have you seen the following quote by Richard Foster to be true in your life or in the lives of Christians around you? "In the spiritual life only one thing will produce genuine joy, and that is obedience."
4. **AWE:** When Luke talked about fearing God with awe, how was it helpful to you to know that this fear is not about "what God may do to us, but what we may do to Him"?
5. **SALVATION:** Luke talked about working out the salvation that God has already worked in us ("do something with what Christ has given you.") How have you seen people do this well so they are not working for their salvation, but instead responding to it?
6. **PRESENCE:** What would it mean for you to become more aware of God's presence in your life?

7. **TRANSFORM AND POSITIVE:** How would you act if you truly believed in every area of your life that God could transform you?
8. **WORD:** How can you hold your position on God's Word right now in your life? How can you encourage someone else to?

Alternative Discussion Questions: (If desired, utilize any of the following questions in place of, or in addition to, the questions provided above.)

9. What are ways that you have seen others or yourself justify, rationalize, avoid, invent excuses, or gaslight in order to not obey God?
10. What advice or help would you give to someone so they could obey Christ when they do not want to? How have you begun to obey when you didn't want to?
11. What is one area of your life that you are not living in obedience to God? How will you begin obeying Him this week? (Leader Note – You may want to split by genders here if applicable for greater transparency.)
12. How can you begin to not hide from God, but run to him in awe and wonder at his power to help and save you?
13. Luke used the illustration of buying a house and one's mortgage for explaining verse 13. Is there another way you would explain this concept?
14. Right now, what is one way you can observe, upkeep, be a custodian of, care for, stay active in, or not "let yourself go" when it comes to God's salvation in you?
15. If you were to pray, "God, please speak to me?", what would the first Scripture be that comes to your mind?
16. "It is God at work in you" Which word and point as Luke walked through this section meant the most to you? Why?
17. What is one way you have seen others positively enhance their reputation, enhance their witness for Christ, or develop trust among people? What does it cost people to not live this out?
18. How can you fix your attention on Jesus through God's Word? Is there something different with Scripture you can begin to do?
19. Is there an area you are holding back from God? What would it look like to pour it out before Him as a drink offering? What would the result be if you did?

What's Happening in the Life of Legacy:

More details on these events can be found at lcc.org/whats-happening/

All Campus

- **Stewardship Banquet:** November 12 at the Overland Park Convention Center. 5:00 PM.
Life Group Leaders: Please encourage your Life Group to attend the Banquet together! Plan a meeting spot at the Convention Center so you can check in together and sit at the same table!
- **Thursday Morning Prayer Zoom:** 6:30-6:45 AM. Weekly prayer for Legacy during her transition. Led by prayer team members. [HERE'S THE LINK.](#)

Overland Park Campus

- **First Steps:** November 19, 10:30 AM, or by appointment
- **Men's BBQ Tour:** Selected Tuesdays, 11:30-1:00 (come and go), beginning October 24.
- **Care for KC:** November 18, 8:00 AM - 12:30 PM. Local Serving Opportunity.

Lee's Summit Campus

- **First Steps:** by appointment
- **Love Your Neighbor:** November 18, 8:00-12:00. Local Serving Opportunity.

Olathe Campus

- **First Steps:** November 19, 10:30 AM, or by appointment
- **Men's Bible Study:** Saturdays, 7:00 – 8:30 AM.
- **Men's Breakfast:** Selected Saturdays. 8:00 AM. Cost \$10.

Blue Valley Campus

- **First Steps:** December 17, 10:30 AM, or by appointment
- **Men's BBQ Run:** 1st Thursday of the month, 11:30 AM, through December 7.
- **Parent's Night Out:** December 1, 5:30 – 8:30 PM.
- **Women's Bible Studies:**
 - **Fridays:** Books of the Bible (ALL Method), 10AM – 12PM. Onsite & Zoom. Join anytime.
 - **Saturdays:** Old Testament Study, 10AM – 12PM, Zoom, Join anytime.

Hispanic Ministry Campus

- **First Steps:** by appointment
- **Care for KC:** November 18, 8:00 AM - 12:30 PM. Local Serving Opportunity.