



2020 Vision: Fitness | Jan 29, 2020

Discussion Guide

The Scoop

What would a broader picture of fitness look like to you? What do we really need to be healthy? Continue below to explore what Jesus says about fitness!

Key Verses

1 Timothy 4:8

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Discussion

It's common for people to set "fitness" goals at the beginning of a year. Most of the time that means working out and losing weight...for the record, this is not body image discussion. When thinking about fitness goals, it helps to consider overall fitness with regards to what we eat, how often we move, and how we are thinking. Being physically and mentally fit has lasting impact on our habits rather than the typical new year's resolution yoyo effect of losing and gaining weight or experiencing surges of energy toward physical fitness over the course of a year.

1. Have you ever set a fitness goal that you achieved and then became a lasting habit? Why or why not?
2. What has been the key to any fitness goal success you have had in the past?

As mentioned above, fitness is more than just physical training. Fitness is a combination of what we eat, how we move, and how we think...Eat, Move, Think. They are interconnected and fuel each other, but disconnected, we rarely experience lasting change.

3. Can you think of examples of how seeing fitness disconnected from eating, movement & mobility, as well as, mental and cognitive health has limited your ability to be at your best?
4. If you think about fitness from the perspective of the "Eat, Move, Think" mentality, how will you be more intentional in your fitness in 2020?

In 1 Timothy 4:8 the Bible tells us that "physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." As you think about this verse, think about how the "Eat, Move, Think" mentality can help connect your overall mental, spiritual, and physical health in your daily life. What would it look like if a more holistic approach to fitness: Eat, Move, Think = godliness?

5. Why do you think God cares about fitness and our holistic health? Consider "both the present life and the life to come."
6. What is one way that you can involve, connect, and/or integrate God in your fitness journey? How is your spiritual health connected?

What's Next?

Plan ahead and think about how you are going to incorporate health and fitness into your year ahead. How will you balance your nutrition, exercise, and mental health in 2020? The more you seek to improve your health, the more you will experience the synergy that comes from fueling body and mind. The healthier we are from a holistic perspective, the more we experience the fullness of God around us. Of course, if you can succeed at anything in your health journey... succeed at engaging God more often and the rest will follow.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.