

January 2/3, 2009
Family Fitness 2010

God's plan is for His kids to live as a healthy family that glorifies Him. *Ephesians 1:5; 1 John 3:1; Ephesians 5:1-2*

The healthier we are, the more honor He gets and the more lost people want to become part of His family. He calls us all to excel still more to reveal His excellency in us! *1 Peter 2:9-12; 1 Thessalonians 4:1*

As God's beloved children, we are also the Body of Christ! Each one of us contributes a crucial part of what the Body needs to be healthy and to grow up. *Ephesians 4:11-16*

As Christ's family and His Body, we want to make 2010 a year we become increasingly healthy in Christ so we can honor Christ and win people for Christ. He's begun a good work in all of us, but we want to continue "working out and working on" dynamic family and bodily fitness for His glory! ***Philippians 1:6; Philippians 2:12-13***

We want to work together on a "workout routine" for 2010 that's aimed at helping everyone in the family get healthy spiritually, relationally, emotionally, financially, vocationally and physically. *2 Corinthians 3:18*

We want to do this individually, as families, as small groups and congregationally as we worship together weekly. *Deuteronomy 6:4-8; Ephesians 6:4*

Five "W's" of 2010 Workout Routine

1) Worship:

Learning to put Christ and His kingdom first in the use of our time, treasure and talent because we love Him the most. *Romans 12:1-2; Matthew 6:33; Psalm 147:11*

2) Word:

Getting deeper into God's Word together so it gets into us and truly transforms us, our relationships, our jobs and our ministry. *Psalm 19:7-11; James 1:25; John 8:31-32*

3) Witness:

Becoming a family fishing net for Christ with the goal of every family leading one other family to Christ in 2010. *Acts 1:8; Acts 2:46-47*

4) Works:

Learning together about our masterpiece ministries and doing them for His glory and our joy. *John 15:7-8,11; Ephesians 2:10*

5) Wonder:

Experiencing Christ's miraculous presence in our midst as we devote ourselves to what matters most. *Acts 2:42-43*

Let's get healthy together! Let's work on what Christ wants to work into our lives. Let's become a fit family and a fit Body for His glory!

Discussion Questions:

1. What are some of your personal goals for 2010? What areas of your life do you want to work on with Christ to change?
2. What areas of family fitness would your family like to work on in 2010?
3. Which "W" of the work out routine is in you and your family? Which "W" could you work on together to shape up? How will you do that?