

Body Building God's Way
Spiritual Body Building & Personal Experiences

PERSONAL APPLICATION

Review the main lesson outline briefly

1. Describe the most life changing experience you have had so far in your life. How did it change you? Did the change make you a better Christian or not? Why?
2. How will you approach experiences in your life different from now on?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Philippians 1:12

Thought:

Tuesday – Philippians 2:13

Thought:

Wednesday – Romans 8:38-39

Thought:

Thursday – 1 Samuel 17:33-37

Thought:

Friday – 2 Corinthians 1:3-11

Thought:

Saturday – Hebrews 5:11-14

Sunday – ***MERRY CHRISTMAS EVERYONE!!!***

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Body Building God's Way
Spiritual Disciplines & Why They are Important



Spiritual Body Building
& People!

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Spiritual Body Building with Church

Why Did This Happen to Me?

2 Corinthians 1:3-7

I. How does God use our personal experiences?

1. To prepare us for ministry (service) – 2 Corinthians 1:3-4
2. To create spiritual maturity – 2 Corinthians 1:5
 - a. “Spiritual maturity” = Christ likeness
 - b. Romans 8:28-29
3. To strengthen our faith – 2 Corinthians 1:8-11
 - a. Depend more on God
 - b. Rely less on ourselves

II. How do we use this affectively in our lives? – *Attitude!*

1. We know God is on control – Philippians 3:20-21
2. We know God loves us no matter what – Romans 8:38-39
3. We know God is working His plan for our lives –
Philippians 2:13
 - a. For His glory – 1 Peter 4:10-11
 - b. For our good – Romans 8:28-29
4. What is God teaching us through this? – Romans 15:4

III. What results will I see?

1. More focus on others & less on ourselves – 2 Corinthians 1:3-7
2. More dependence on God & less on ourselves – 2 Corinthians 1:9 (1 Samuel 17:33-37)
3. More concern about God's glory & less about my Gain – 2 Corinthians 1:11
4. Spiritual maturity – living more like Christ – Hebrews 5:14

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NOTES