

Get Fit

“Get Relationally Fit”

Sunday, January 16, 2011
Pastor Chuck Wysong

“It is not good for man to be alone.” Genesis 2:18 (NIV)

Why should I connect with others?

- EMOTIONAL BENEFITS
- PHYSICAL BENEFITS
- SPIRITUAL BENEFITS

“His unchanging plan has always been to adopt us into His own family by bringing us to Himself through Jesus Christ.” Ephesians 1:5 (NLT)

4 Essential Components of Fellowship

1. **Membership:** CHOOSING TO BELONG

“So now you... are no longer strangers and foreigners... You are members of God’s family.” Ephesians 2:19 (NLT)

“So in Christ we who are many form one Body, and each member belongs to all the others.” Romans 12:5 (NIV)

“For we were all baptized by one Spirit into one body--whether Jews or Greeks, slave or free...” 1 Corinthians 12:13 (NIV)

2. **Friendship:** LEARNING TO SHARE

“All the believers met together constantly and shared everything with each other.” Acts 2:44 (NLT)

- OUR EXPERIENCES

“As iron sharpens iron, a friend sharpens a friend.” Proverbs 27:17 (NLT)

- OUR HOMES

“Cheerfully share your home with those who need a meal or a place to stay.” 1 Peter 4:9 (NLT)

- OUR PROBLEMS

“Share each other’s troubles and problems.” Galatians 6:2 (NLT)

“Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another...” Hebrews 10:25 (NIV)

3. **Partnership:** DOING MY PART

“We work together as partners who belong to God.” 1 Cor. 3:9a (NLT)

“The whole Body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole Body is healthy and growing and full of love.” Ephesians 4:16 (NLT)

“I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.” Matthew 25:40

4. **Kinship:** LOVING BELIEVERS LIKE FAMILY

“Be devoted to one another in brotherly love.” Romans 12:10 (NIV)

“We know what real love is because Christ gave up His life for us. And so we also ought to give up our lives for our Christian brothers and sisters.” 1 John 3:16 (NLT)

“Your love for one another will prove to the world that you are my disciples.” John 13:35 (NLT)

“You are all children of God through faith in Christ Jesus.” Galatians 3:26 (NLT)

MY NEXT STEP TODAY IS TO:

- Memorize John 15:12-13.
- Invite a friend to join my Small Group with me.
- Invite a Friend to “Get Physically Fit” next Sunday.
- Receive more information about Bayside Membership Class on Feb. 27th, 2011

Join us next Sunday as we talk about “Get Physically Fit”

TIME WITH GOD

Memory Verse: “My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends.” John 15:12, 13

Monday

Please read Ephesians 4:1–6. What character qualities do you see listed in these verses? How do these qualities help you focus on “we” instead of “me”? Think of a relationship that you have that needs rekindling. How have you been focusing on “me” instead of “we”? Which of these character qualities will you apply to that relationship to move from “me” to “we” this week?

Thank God today that He loves you and that He cares about your relationships. Pray about the relationship(s) that you know need rekindling. Ask Him to keep your conscience sharp and help you think beyond your own needs.

Tuesday

Please read Romans 12:3–8, 1 Corinthians 12:14–27 & Ephesians 4:11–13, 16. What do you learn about the variety of gifts in the Body of Christ in these passages? How have you seen the principle of serving enhance your relationships? What does it mean to build an attitude of serving into your relationships? How could serving rekindle your relationships?

Thank God for the ultimate example provided for us in Jesus Christ. Thank Him that He has designed us to function better as a team. Pray that He will build into you an attitude of service and that it will make a positive impact on your relationships.

Wednesday

Please read Ephesians 4:29. We all know the power of words — for better or for worse! Think about yesterday. How would you rate

your words? Did you spend more time as a “builder” or a “wrecking ball”? When you are most tempted to let “unwholesome talk” come out of your mouth? Think about the relationship you’re hoping to rekindle. How can you use your words to build into that relationship today?

Thank God today for the opportunity to be a “builder” in people’s life. Ask for His help in controlling your speech. Pray that he will give you just the right words for your relationships.

Thursday

Please read Proverbs 29:11, Ephesians 4:26–27, 30-31 & James 1:19–21. Recall a time recently when you were angry. What were the consequences of giving vent to your anger? How can forgiveness help circumvent your anger? How would forgiveness have impacted your response the last time you were angry?

In what relationship are you struggling with anger right now? How could forgiveness help rekindle that relationship?

Thank God today for His forgiveness of you. Pray about your struggles with anger. Ask God to give you the grace and strength to forgive. Pray that your willingness to forgive will help build into your relationships.

Friday

Please read Ephesians 5:1–2. In your own words, summarize what Paul is saying to us in these verses. Why do you suppose it’s so important to Paul to keep focusing on the big picture? How can the understanding of Christ’s sacrifice God made for you through Jesus Christ? How has that level of sacrifice impacted your life? In what relationship are you hesitant to sacrifice? Why is that? How can have that understanding of Christ’s sacrifice for you help you in that relationship?

Thank God for the amazing gift of life that cost the sacrifice of God’s Son Jesus. Pray you’ll grow in the understanding of that sacrifice and that you will live a life that imitates His.

Saturday

Please reread Ephesians 4:1–5:2. As you read the verses, ask God to point out one key thing He wants you to focus on in your relationships.

Pray that God will give you the strength and discipline to change your actions and thoughts in your relationships. Pray that you will be an “imitator of God” in your relationships. Please pray also for the services this weekend. Pray that as our church grows individually in relationship with God that as a whole we would grow in unity.