



January 2 and 5
Randy Larson
"Empty Calories"

PRIMARY SCRIPTURES:

John 15:5-8

SECONDARY SCRIPTURES:

Phil. 4:8, Romans 8:5, Mathew 4:4, 1 Corinthians 10:23

DISCUSSION QUESTIONS:

1. Are you the type of person that likes to make New Year resolutions? Why or why not?
2. In what ways are the paths to physical and spiritual fitness similar? How are they different?
3. Randy mentioned in his sermon that the first step to spiritual fitness is a connection to God. In what ways can we do spiritual activities and miss this important step?
4. Jesus mentions in John 15:5 that we are the branches and he is the vine. What habits have you adopted to help "you remain in him and him in you?"
5. Nutritionists claim "You are what you eat." How does this apply to the feeding of our souls? What are some ways we feast on empty calories?
6. In the church of Corinth, they argued over what a follower of Jesus is free to do and not to do. In what ways is this debate still alive in the modern church?
7. As we seek to be spiritually fit this year by watching what we feed our souls, how can 1 Corinthians 10:23 guide our decision making?