



1. Pastor Rick said that there are five “C’s” that make up our identity, what are they? Explain what you think each one means. Which one do you think has had the most affect on your life? Why?
2. One of the keys to becoming God’s version of you is you can choose to get healthier. Has the Git Fit series caused you to get healthier? In what area of your life? What can we do to continue to grow even healthier after this series is over? Which area of health, mind, body, soul, would you like to continue to see growth in your life?
3. The second choice we must make is to deepen our relationships. What do you think this means? How do you deepen a relationship? How have bad relationships harmed you in the past and how has good relationships helped you? How can our small groups play a role in this?
4. To become the person God wants us to be, we must choose to trust God. In what area of your life do you find it most difficult to trust God? Do you know why? What does it look like to trust God about something in your life? Read Matthew 17:20. What can we learn about having faith from this verse?
5. Read Matthew 15:16-19; Philippians 4:8; 2 Corinthians 10:5; and Romans 12:2. What do these passages teach us is necessary to live in a way that pleases God? How can you change the way you think? Read Hebrews 4:12. What does this verse tell us is the role of God’s Word in changing our thinking?
6. What is the difference between Jesus being your Savior and Jesus being your Lord?

ANSWERS

- 1. Pastor Rick said that there are five “C’s” that make up our identity, what are they? Explain what you think each one means. Which one do you think has had the most affect on your life? Why? The five C’s were: a. Chemistry—your DNA make up you got from your parents; b. Connections—your relationships with people; c. Consciousness—the conversations you have with yourself about yourself; d. Choices—the decisions you make based on the free will God has created you with, and e. Circumstances—the things that have happened to you that you have little control over.**
- 2. We need to set the changes we’ve made to get healthy into concrete in our lives by making them habits that we do every single day.**
- 3. To deepen our relationships means we must get past the external things we talk about and begin to share with others the things that really affect the way we live. You must be willing to take a risk and reveal the real you that many times we hide from people. Our small group must become a place that we feel free to say anything about ourselves without fear of judgement and reprisal. That is why “what is said at small group stays at small group”. If your group does not become like this, you will always only deal with surface issues in the lives of your members. Fear of rejection is the biggest reason we do not deepen our relationships.**
- 4. To trust God means that we are not trusting ourselves or anyone else in regards to something that is happening in our lives, we leave the outcome to God and we have peace because we believe God has our best interests at heart and will only allow what is best for us to happen, by His definition of what is best. Matthew 17 20 tells us it is not the size of faith, but who our faith is in that matters. Jesus said that having faith makes everything possible and removes any excuse we have for not doing something God wants us to do.**
- 5. These passages speak of the truth that what we do externally is determined by what is in our mind, what we think about controls our actions. This means it is absolutely necessary to think differently if we are going to act differently. There are three things necessary for us to do to change our thinking: a. We must acknowledge to ourselves and believe that God’s Word is the absolute truth about everything; if what I believe is different from what God’s Word says, then I am wrong and I must change what I believe to mirror what God’s Word says; b. We must therefore learn what God says about everything so our thinking about everything is accurate and not based on a lie; and c. We must constantly be putting God’s word into our minds in all of the ways we possibly can. Hebrews 4:12 tells us that it is God’s word that will reveal to us the incorrect thinking and motivations that we have because it is alive and powerful.**
- 6. Jesus became your Savior the instant that you placed your trust in Him as your only hope of getting to heaven. To make Jesus the Lord of your life is what you do the rest of your life, sometimes successfully and many times unsuccessfully. It is the reason our thinking has to change, I must accept everything Jesus says as truth and make the decision every day that what God’s Word says is true will be what I base my decisions on. A person who has Jesus as Lord in his life also has God’s Word as his Lord. To have Jesus as Savior happened at a moment in time in your life, to have him as your Lord happens every moment of every day for the rest of your life.**