



Week 3: Be F.I.T. In Your Ways

If you haven't already, watch or listen to this sermon on Shepherd Church's [website](#), [YouTube channel](#), [Apple Podcasts](#), [Spotify](#), [Apple TV app](#), [Amazon Fire TV app](#), or [Roku app](#).

1. How does Paul's example in [2 Timothy 4:7](#) contrast with both the people in [2 Timothy 4:3–4](#) and those in today's culture?
2. What does [Hebrews 12:1–3](#) teach about the relationship between letting go of distractions and staying focused on Jesus?
3. Read [Galatians 5:7–8](#). What distractions, habits, attitudes, imbalances, and/or sins tend to slow you down or pull your focus away from Jesus?
4. What do [1 Corinthians 9:24–27](#) and [Philippians 3:14](#) say about God's purpose for discipline, perseverance, and spiritual growth in your life?
5. What are some simple ways you can put the following challenges into practice this week?
 - **BEGINNER PLAN:** 15 minutes + 10 push-ups/sit-ups
 - **MODERATE PLAN:** 30 minutes + 25 push-ups/sit-ups
 - **ADVANCED PLAN:** 60 minutes + 50 push-ups/sit-ups
 - During the challenge, film yourself sharing your favorite Bible verse, tag 3 people to join, and tag @ShepherdChurch on social media.
 - **EXERCISE PRAYER PROMPTS**
 - Pray for a co-worker, their blessing, and opportunities to share the Gospel.
 - Pray that your words would be wise, life-giving, and reflect God.
 - Pray for the health of family & friends and to honor God with your body.
 - Pray for courage and opportunities to share your faith.
 - Pray for a heart of worship, faithfulness, and gratitude to God.
 - Pray for someone in a difficult season, perseverance through trials, and lasting joy.