

Faith and Fitness — From Watching to Doing

I. Faith and Fitness

- Exercise and sports train us for *real life*, not just the gym.
- Functional movements prepare us for everyday needs.
- *Is your faith being trained for everyday life—or just for Sunday?*

II. Discipleship Requires Practice, Not Just Observation

- Listening to sermons teaches, but it's incomplete on its own.
- Jesus sent the disciples out to *do* what they had seen Him do.
- Faith deepens when it's lived, shared, and practiced.

III. We Learn Best by Doing—Together

- Illustration from the gym and Edgar Dale's Learning Pyramid.
- Small groups create space to talk, wrestle, and apply faith.
- Community increases accountability, encouragement, and perseverance.
- Even Jesus sent disciples out in pairs.

IV. Spiritual Growth Happens Step by Step

- Strength doesn't come overnight—faith doesn't either.
- Just like training for pull-ups, faith can be broken into learnable steps.
- Examples from the congregation of people growing through preaching and leadership.

V. Equipping the Saints for Ministry

- Ephesians 4: Pastors and leaders exist to *equip*, not perform.
- The church grows when everyone uses their gifts.
- Ministry participation builds confidence, maturity, and bold faith.

VI. A Call to Action: Train Your Faith

- Faith is a daily lifestyle, not a spectator sport.
- Practical next steps:
 - Join or start a small group
 - Serve or lead on a ministry team
 - Take risks that stretch your faith
- God works through effort and obedience to bring growth.

Reflection Questions

Personal Reflection

1. In what ways has your faith been more about *watching* than *doing*?
2. Where do you see “non-functional faith” in your own spiritual life—areas that don’t carry into everyday living?
3. What spiritual “muscle” do you feel weakest in right now (prayer, sharing faith, Scripture, leadership, trust)?

Community and Discipleship

4. Read Hebrews 10:24-25. How has community (or lack of it) affected your spiritual growth?
5. What makes growing in faith with others easier—or harder—than doing it alone?
6. Who notices if you “don’t show up” spiritually, and who do you notice?

Growth and Next Steps

7. Read Ephesians 4:11-13. How might you equip others to grow in their faith?
8. Which next step feels both challenging and realistic for you right now:
 - Joining a small group
 - Serving on a ministry team
 - Leading or teaching in some way
9. How might God use your growth to strengthen someone else’s faith?

Big Picture

10. How does viewing faith as a *daily training process* change the way you think about church, leadership, and discipleship?