

 SERIES & TITLE	A Full & Focused Life in Jesus
 BIG IDEA	Following Jesus is an intentional process that never stops.
 ICE BREAKER	Tell about a time or experience where you felt totally alive and engaged. What was that experience like?
 MAIN POINTS	<ul style="list-style-type: none"> ● We all get distracted in life. It's easy to live on the peripherals and miss out on the main thing. ● The Christian life takes intentionality and discipline, like working out. It goes against our natural tendencies. ● There are 6 principles that help us ● We need to hold each other accountable and encourage each other in the journey.
 DISCUSS	<ol style="list-style-type: none"> 1. What most stood out to you from the message this weekend? 2. What are the distractions that keep us from living a vibrant life in Christ? Name them. 3. In our spiritual lives, why is it so hard to fight distraction and keep our eyes fixed on Jesus? 4. Which principle is easiest for you to stick with? Which is the hardest? Why? 5. What spiritual "workouts" might God be inviting you into to train yourself to be godly? Which one(s) do you need to grow in? What's one small next step you can take?
 CHALLENGE	<p>Take a look at the 6 principles that help us get spiritually fit: Pursue Jesus, Volunteer, Be Generous, Share Your Faith, Live in Community, Worship.</p> <p>Which principle do you need to incorporate into your life in 2024? Share it with someone!</p>
 SCRIPTURE	<p>1 Corinthians 9:24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly.</p> <p>Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.</p>



**NEXT WEEK
SNEAK PEAK**

Join us next week and invite a friend as we begin a new series called: ALL IN

Questions or Feedback? Email Groups@CentralAZ.com