



FIT FOR LIFE

“It’s not all about ME.”

Genesis 1:1

In the beginning **God** created the heavens and the earth.

We can’t do this life ALONE.

Genesis 2:18

The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

...we **[together]** are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us **[together]** to do.
(Ephesians 2:10)

Genesis 3:15

I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.

We are made to live IN, WITH, & FOR community.

Ephesians 4:1-6

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.
(2 Corinthians 5:20)

What is your next step...

in...
with... } ...COMMUNITY
for... }

How to receive forgiveness from God:

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: *What are some of the things you think create "distance" for people in experiencing the thriving/fullness of life God promises?*

:: *Read through the scriptures included on the first page of this Guide.*

:: *What passage sticks out most to you? Why do you think that is?*

:: *What is most challenging or frustrating? How so?*

:: *What are the invitations to thriving in body, mind, spirit, **community** that you see here?*

:: *Pastor Jeremiah said we won't know the fullness of thriving God has for us—even if we are fit of body, renewed of mind, and alive in spirit—without healthy community. How are you processing that?*

:: *What are some of the challenges those around you have in living into healthy community? What are ways to help them overcome those obstacles?*

:: *Pastor Jeremiah invited us to consider how part of living in the community of the body of Christ also means "living for" the broader community around us. What are some ways we can do this?*

:: *What did you identify as your next step in/with/for community? Invite someone to pray for you and check in on you as you take that next step.*

Unless otherwise noted, today's Scripture is from the New International Version [NIV].

Jeremiah X. Gómez (@jgomez) – July 4, 2021

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