

Muscle Memory

“Learn, Eliminate, Practice” – Ben Foote

March 2-3, 2019

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 6:1-18, 1 Corinthians 9:24-27 and
Hebrews 12:1-3, 12:22-24 & 12:28

Community:

1. What event, test or life experience did you have to train or prepare for the most?
2. What did you learn about yourself (and about training) through this experience?

Core:

1. Ben referenced tying shoes as an example of muscle memory. What are some other day-to-day areas of life where you use muscle memory—executing tasks without having to think about it?
2. Ben said, “The act of training is: Learn + Eliminate + Practice = Training.” Where can you see this truth in physical training and where can you see it in spiritual training?
3. **Read 1 Corinthians 9:24-27.** What do you think are some of the key parts of the “strict training” needed to live out a ‘with-God’ kind of life?
4. Ben pointed out that if we don’t utilize all three parts of training (learn, eliminate, and practice) we will fall into either hypocrisy, frustration and/or failure. Where have you seen this to be true in your life?
5. **Read Hebrews 12:1-3.** What are some of the best ways you have found to “fix your eyes on Jesus”, and how do these truly help you?

Challenge:

As we begin this new series, try to spend some time this week taking an honest assessment of your life—looking at how you can focus on what you need to *learn*, what obstacles you must *eliminate*, and how you can *practice* in a more intentional way to live a ‘with-God’ kind of life.