



WE ARE FITTER TOGETHER

JANUARY 27 & 28, 2024

Romans 12:5b (NLT)

We are many parts of one body, and we all belong to each other.

Fitter — In good health, especially because of regular physical exercise, of a suitable quality, standard, or type to meet the required purpose.

5 REASONS WE ARE “FITTER” TOGETHER

1

Walking with others provides _____.

Colossians 2:6-7 (ESV)

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

3 Reasons We Need to be Walking Together:

- It's _____
- It's _____
- It's _____

Proverbs 28:26 (GNT)

It is foolish to follow your own opinions. Be safe, and follow the teachings of wiser people.

Genesis 2:18 (NLT)

Then the Lord God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”

Hebrews 10:25a (GNT)

Let us not give up the habit of meeting together.

Community is God's answer to _____.

1 Corinthians 14:26, 30-31 (MSG)

So here's what I want you to do. When you gather for worship, each one of you be prepared with something that will be useful for all: sing a hymn, teach a lesson, tell a story, lead a prayer, provide an insight. Take your turn, no one person taking over. Then each speaker gets a chance to say something special from God, and you all learn from each other. If you choose to speak, you're also responsible for how and when you speak. When we worship the right way, God doesn't stir us up into confusion; he brings us into harmony. This goes for all the churches—no exceptions.

Ephesians 4:16 (NLT)

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

1 Peter 4:9 (TEV)

Open your homes to each other without complaining.

2

Working with others provides _____.

Ephesians 2:10 (NCV)

God has made us what we are. In Christ Jesus, God made us to do his works, which God planned in advance for us to live our lives doing.

Ecclesiastes 4:9 (NCV)

Two people are better than one, because they get more done by working together.

Community is God's answer to _____.

3

Watching out for others provides _____.

Philippians 2:4 (MSG)

Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Hebrews 13:1-4 (MSG)

Stay on good terms with each other, held together by love. Be ready with a meal or a bed when it's needed. Why, some have extended hospitality to angels without ever knowing it! Regard prisoners as if you were in prison with them. Look on victims of abuse as if what happened to them had happened to you. Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual and illicit sex.

Community is God's answer to _____.

4

Waiting with others provides _____.

1 Peter 3:8 (LB)

And now this word to all of you: You should be like one big happy family, full of sympathy toward each other, loving one another with tender hearts and humble minds.

1 Corinthians 12:26 (ESV)

If one member suffers, all suffer together; if one member is honored, all rejoice together.

Community is God's answer to _____.

Romans 12:15 (TEV)

Be happy with those who are happy, weep with those who weep.

1 Thessalonians 5:11 (GW)

Therefore, encourage each other and strengthen one another as you are doing.

5

Witnessing with others provides courageous _____.

Luke 10:1 (NLT)

The Lord [Jesus] now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit.

John 13:35 (NLT)

Your love for one another will prove to the world that you are my disciples.

2 Timothy 1:7 (LB)

For the Holy Spirit, God's gift, does not want you to be afraid of people, but to be wise and strong, and to love them and enjoy being with them.

Community is God's answer to _____.

1 John 4:17-18 (MSG)

God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we're free of worry on Judgment Day—our standing in the world is identical with Christ's. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

Philippians 1:27a (CEV)

...you must live in a way that brings honor to the good news about Christ.



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5 REASONS WE ARE “FITTER” TOGETHER

1

Walking with others provides stability.

Colossians 2:6-7 (ESV)

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

3 Reasons We Need to be Walking Together:

- It's safer
- It's supportive
- It's smarter

Proverbs 28:26 (GNT)

It is foolish to follow your own opinions. Be safe, and follow the teachings of wiser people.

Genesis 2:18 (NLT)

Then the Lord God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”

Hebrews 10:25a (GNT)

Let us not give up the habit of meeting together.

Community is God's answer to loneliness.

1 Corinthians 14:26, 30-31 (MSG)

So here's what I want you to do. When you gather for worship, each one of you be prepared with something that will be useful for all: sing a hymn, teach a lesson, tell a story, lead a prayer, provide an insight. Take your turn, no one person taking over. Then each speaker gets a chance to say something special from God, and you all learn from each other. If you choose to speak, you're also responsible for how and when you speak. When we worship the right way, God doesn't stir us up into confusion; he brings us into harmony. This goes for all the churches—no exceptions.

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He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

1 Peter 4:9 (TEV)

Open your homes to each other without complaining.

2

Working with others provides productivity.

Ephesians 2:10 (NCV)

God has made us what we are. In Christ Jesus, God made us to do his works, which God planned in advance for us to live our lives doing.

Ecclesiastes 4:9 (NCV)

Two people are better than one, because they get more done by working together.

Community is God's answer to fatigue.

3

Watching out for others provides protection.

Philippians 2:4 (MSG)

Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Hebrews 13:1-4 (MSG)

Stay on good terms with each other, held together by love. Be ready with a meal or a bed when it's needed. Why, some have extended hospitality to angels without ever knowing it! Regard prisoners as if you were in prison with them. Look on victims of abuse as if what happened to them had happened to you. Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual and illicit sex.

Community is God's answer to defeat.

4

Waiting with others provides comfort.

1 Peter 3:8 (LB)

And now this word to all of you: You should be like one big happy family, full of sympathy toward each other, loving one another with tender hearts and humble minds.

1 Corinthians 12:26 (ESV)

If one member suffers, all suffer together; if one member is honored, all rejoice together.

Community is God's answer to despair.

Romans 12:15 (TEV)

Be happy with those who are happy, weep with those who weep.

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Therefore, encourage each other and strengthen one another as you are doing.

5

Witnessing with others provides courageous faith.

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The Lord [Jesus] now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit.

John 13:35 (NLT)

Your love for one another will prove to the world that you are my disciples.

2 Timothy 1:7 (LB)

For the Holy Spirit, God's gift, does not want you to be afraid of people, but to be wise and strong, and to love them and enjoy being with them.

Community is God's answer to fear.

1 John 4:17-18 (MSG)

God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we're free of worry on Judgment Day—our standing in the world is identical with Christ's. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

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