



STAYING FIT—IN BOTH BODY AND SPIRIT

with Brannen Dorman

▶ FOCUS VERSE

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.
1 Corinthians 6:19-20

▶ DISCUSSION

1. **Brannen says his stepdad was the one who really introduced him and his family to faith.**
 - a. In your formative years, did you have an “unexpected” role model for faith—perhaps someone outside your family, or someone who might not have seemed particularly concerned with religion at first glance?
 - b. What impact did that person have on your life?

2. **Were your own parents good role models for faithful living who led by their own example, or were they more likely to just tell you what to do without practicing what they preached? (See *Deuteronomy 6:4-9*.)**
 - a. How did that affect your spiritual growth?
 - b. If you have kids, how has your own upbringing influenced the way you deal with your children in matters of faith?



3. **Read the first 16 verses of Psalms 119 and reflect on their meaning, particularly the opening lines—“Blessed are those . . . whose delight is in the law of the Lord.”**
 - a. What does that passage mean to you?

 - b. Do you find yourself “rejoicing in following [God’s] statutes,” or being frustrated with them? Why?

4. **Do you work in a field that “is not a Christ-centric space,” as Brannen describes the world of fitness and athletics?**
 - a. What about that field seems to make it difficult to discuss matters of faith or live a Godly existence?

 - b. What are some ways in which you could glorify God through your work?

5. **Do you feel that your work has helped make you a better person overall, or do you feel that it has distracted from your efforts to improve yourself and live a Godly life? Why?**

6. **In what pursuit or aspect of your life are you most competitive? Make an honest assessment of whether that’s something that’s healthy to be competitive about.**
 - a. Has your competitive nature in that part of your life improved you, or has it left you still feeling unfulfilled?

7. **Brannen talks about a period in his life, not long after he’d taken his first job out of college, when he was feeling unfulfilled in his work and was just kind of going through the motions—even in the faith aspect of his work.**
 - a. Did you identify with that at all?

 - b. Have you gone through a similar period in your life—or do you feel like you’re in one now?

 - c. Did it offer any reassurance to hear Brannen say that God’s grace “is not only for those that have fallen off the wagon completely,” but it also for those who have simply lost a sense of purpose or fulfillment in their lives?

