

Get "Commitment"

We've all run into that person we haven't seen in quite some time and they look dramatically different...they've lost a lot of weight. We have to ask them, "how did you do it?"

They go on tell us how they've committed to some program or diet and have really worked hard at it.....and it shows!

- Have you ever found yourself "out of shape spiritually"?
- What are the signs/symptoms?

Do we dare challenge ourselves over the next 40 days to transform our spiritual lives in the same manner as the person who has committed and succeeded at a weight loss program?

- What are your goals or expectations for the next 40 days?
- Why do we not like to set goals for ourselves?
- What will it take to reach those goals?

"The only accurate way to understand ourselves is by what God is and by what he does for us."
Romans 12:3 Msg

- Why do we need to understand ourselves for our relationship with God to grow?

Warren says, "You must begin with God, your creator, and his reasons for creating you. You were made "by God" and "for God, and until your understand that, life will never make sense."

"It is in Christ that we find out who we are and what we are living for. Long before we first heard of Christ he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone." Ephesians 1:11 Msg