



Training Tips

“ A Winning Strategy for Spiritual Conditioning ”

1. Don't Allow Sin to Go Unchecked vv. 16-18

2. Expect It to Be a Struggle vv. 19-24



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

GROW GROUPS ARE CURRENTLY ON SUMMER BREAK

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Acts 7:1-53, 8:14-25, 13:6-12, 14:8-18, 16:16-18, 1 Corinthians 9:25-26

- In what way did Paul and other church leaders call out sinful thinking or behavior? Why?
- How does this ultimately relate to spiritual health? What can happen if you let sin go unchecked in your life?
- How is this part of spiritual conditioning and running the spiritual race? How will you apply this today?

TUESDAY // Read Acts 16:16-18, Matthew 7:1-6, 2 Corinthians 10:5-6, 2 Timothy 3:16-17

- Why did Paul address the slave girl? In what way was he confronting sin? Be specific.
- In what way was Paul applying 2 Cor. 10:5-6 in order to keep sin in check? How does this relate to the Bible?
- Why is Mat. 7:1-6 necessary and provides checks and balances when addressing sin? How does this help you?

WEDNESDAY // Read Acts 16:16-18, Matthew 5:13-16, Ephesians 4:15

- How did Jesus describe the role of Christians in today's world? What will be the impact? Be specific.
- In what way is Paul's encounter with the slave girl an example of this taking place?
- How does it make you feel knowing you are called to be salt and light? How is God challenging you?

THURSDAY // Read Acts 16:19-21, 1 Peter 4:3-4

- What did the slave owner falsely accuse Paul of doing? Be specific. What was their real issue?
- In what way did the slave owner make the accusations both racial and political? Why?
- What does this highlight about how the world will respond to Christians? How have you experienced this?

FRIDAY // Read Acts 16:22-24, John 15:18-21, James 1:2, 1 Peter 2:20-21

- In what way did Jesus foresee and promise Paul's experience in Philippi would take place?
- How did Peter and James emphasize this same truth? Why is this important for all Christians to understand?
- How will an unbiblical view of struggle lead to spiritual immaturity? How does this adjust you in your struggle?

SATURDAY // Read Acts 16:22-24, 2 Corinthians 11:23

- How did Paul defend his walk with the Lord when it came to commitment and obedience? Be specific.
- What does this reveal about a "problem free" Christian life? Why is this the opposite of growing spiritually stronger?
- How does this challenge the way you would currently describe your walk with Jesus? What needs to change?

MEDITATION VERSE: ²⁵Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶So I do not run aimlessly; I do not box as one beating the air. ²⁷But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:25-27