

CROSSFIT

Living an Integrated Life

Open in prayer.

Pastor Derwin said, “As Jesus’ disciple, He wants you to live an integrated life.”

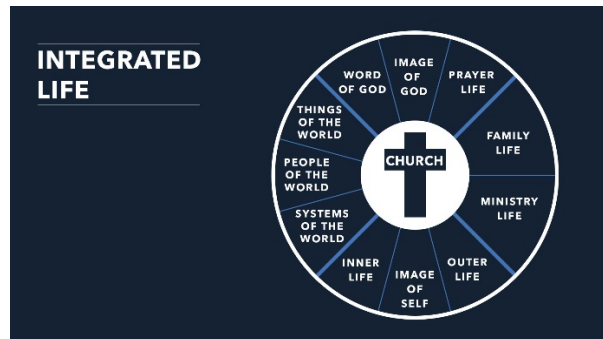
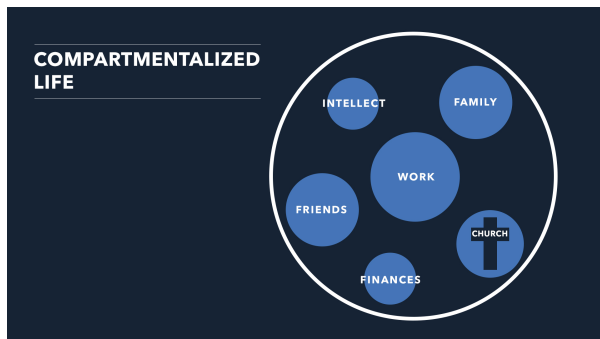
- Note: An integrated life requires a connection between faith and living; between belief and character.
- Discuss why living an integrated life is beneficial to us as Christ-followers.

Why are we called disciples?

- Read and discuss Matthew 28:18-20.
- How does having the identity of being a disciple (student of Jesus) influence the way we live our lives?

Pastor Derwin said, “A compartmentalized life destroys our discipleship.”

- Discuss his statement using the images below:



- Read Mark 4:13-20.
- Specifically discuss verse 19 and how this leads to a compartmentalized life.

How do we live an integrated life?

Through the Holy Spirit’s power.

Will you develop a focused heart that sees Christ in all things?

- Read and discuss Matthew 6:33 and 1 Corinthians 10:31.
- Discuss the following two quotes from Ken Boa’s book, *Conformed to His Image*.
 - “It is liberating to see that all things can be done to the glory of God regardless of whether they appear to be elevated or ordinary, spiritual or secular, higher or lower... This means that living in the marketplace is not necessarily less spiritual than living in the monastery; everything depends on the focus of your heart.” (pages 214-215)
 - “Begin to cultivate the skill of praying in every situation and you will discover that prayer spiritualizes all aspects of your life.” (page 216)

Will you let “knowing” Jesus be your highest ambition?

- Read and discuss Philippians 3:7-10.
- Discuss the following quote from Ken Boa’s book, *Conformed to His Image*.
 - “...the way of discipleship is a single-minded pursuit of the Holy One so that we are set apart for His service and surrendered to His purposes in every facet of life. It is allowing ourselves to be possessed by God in such a way that His indwelling Holy Spirit is free to reorient our hearts, values, and behaviors in each sphere of engagement.” (pages 218-219)

Will you develop a single-minded passion to pursue intimacy with Christ?

- Read and discuss Matthew 5:6 and Psalms 63:1-4.
- Discuss the following quote from Ken Boa’s book, *Conformed to His Image*.
 - “When the heart is focused on Him, He becomes relevant to every part of life and empowers us to live before God in our work, our family, and our other activities. In the centered life, there is no distinction between the spiritual and the secular; all things are done for Him and through Him.” (page 222)

Soul-tattoo: Spend time consistently and prayerfully reading the Bible.

Recommend Reading: *Conformed to His Image* by Ken Boa