

CrossFit // WK 1

Welcome to Faith Students and this is Student Sunday Night! We are jumping into our new series CrossFit!

- CrossFit - In this series, we will be walking through getting fit in our faith walk. Here at Faith Students, we believe that salvation isn't an ending marker, it's the starting point to a journey of new life and growth. A journey that requires "working out" our faith. So it's time to cut the spiritual fat and get in shape as believers of Christ!
- This week we will walk through how just like you have to be intentional to get in physical shape, you must be intentional to get in spiritual shape.

Illustration // Tell a story of a time you didn't plan things through and they ended badly or didn't go as expected.

Scripture //

- **Philippians 3:10-15 NLT - one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. 15 All of us, then, who are mature should take such a view of things.**

MAIN POINT // Be Intentional With Where You Are and Where You Are Going.

Where Am I Now?

Illustration // Tell a story of when you set goals to keep you on track.

- In setting goals we have to understand where we stand. You can't get to the finish line without a starting point. For us our starting point is our salvation in Jesus Christ. Everything from there is a walk toward this prize and a walk with Jesus.
- We see earlier in this passage that Paul speaks about not being perfect, not being at the place he wants to be yet, understanding that he has no power or righteousness within himself.
- Paul understood first the importance of humbling himself and being honest of where he was.
- Paul understood humility isn't having low self esteem, it's lowering oneself and lifting Jesus higher.
- And because of his humility he gained an appreciation, dependence, and need for Jesus.
- Paul knew he would never be perfect, but that drove him closer to the perfect Savior.

- Application //

- Where are you right now?
 - Students who may think there is nothing else to do in their faith walk because they received Jesus.
 - Students who may have lost their way due to a lack of intentionality.
 - Students who may be running the opposite way.

- Challenge //

Ask yourself (Have them write these down):

- **What has my attention?**
- **What am I dependent on?**

- What motivates me?

Where Am I Going?

What's the goal? The goal isn't to be perfect, it's to press toward the prize.

- **Philippians 3:14 - I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.**
- What is this prize? What is our goal as Christians? Where are we going?
- If you aren't intentional with your endpoint you can end up way off track of what God has set before you.
- The prize and the goal of our faith journey with God is to be with God forever and to hear God say well done my good and faithful servant. You have run the race and reached the finish line.
- Our maturity in Christ is marked by these things. Not on how perfect we do things but on our perspective and focus.
- So how do get from where I am to where I'm going? We must learn to take it step by step.

- **Illustration** // Give a description of what it looks like to walk. (Maybe even share a child learning how to take steps)
 - As believers we must learn to take these two steps.

- **Application** // As believers we must learn to take these two steps:
 - **Step One: To Live with God. Step Two: To live for God.**
 - When we take these two steps over and over you cover ground. You can walk forward. You can run the race with intentionality and purpose. And God is with you every step of the way.

Altar //

- Salvation
- Time to Reflect on the questions and sermon
- Have students write down ways they will live with God and live for God and take home.
 - Pair up leaders and students for accountability.