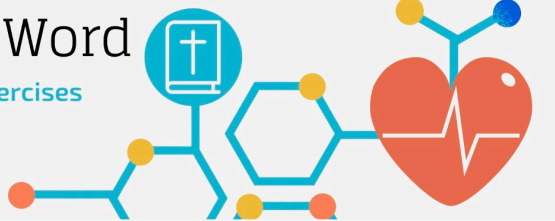


# Fit in 50

## God's Word

Core Exercises



### CORE VALUE

#### STANDING ON GOD'S WORD

Our foundation is the infallible and life-changing Word of God

### CORE STRENGTH

(Matthew 24:3-14)

#### A. Stability [Matt. 24:4]

*All About a Strong Foundation*

#### B. Endurance [Matt. 24:13; Phil. 4:1]

*All About Perseverance*

#### C. Focus [24:14; 22:37,40; 28:19-20]

*All About Mission*

#### D. Balance\* [Psalm 81]

1. Celebrate - Joy [Psalm 81:1-3]
2. Call - Prayer [Psalm 81:6-7; 50:15]
3. Listen - Clarity [Psalm 81:8]
4. Open your Mouth - Faith/Expectancy [Psalm 81:1]

\* A Balanced Spiritual Life [Jim Cymbala Sermon]

### Discussion Questions

1. Developing Core "spiritual" strength is found through standing on God's Word - giving us stability, endurance, focus, and balance in our daily lives. Personally, which core strength do you see as a strength? and which one do you feel you need to work on the most?
2. Answer the three question below to evaluate your Spiritual Balance:
  - a. Read Psalm 81:1-3. How do you celebrate your relationship with God?
  - b. Read Psalm 81:6-8 and Psalm 50:15. How often do you call on the Lord and listen for His voice?
  - c. Read Psalm 81:10. Do have active faith and expect God to move in your life?
3. Pray for God to build your core spiritual strength by deepening your commitment to standing on His word.

**Matthew 24:3-14** As he sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will these things be, and what will be the sign of your coming and of the end of the age?" 4 And Jesus answered them, "See that no one leads you astray. 5 For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. 6 And you will hear of wars and rumors of wars. See that you are not alarmed, for this must take place, but the end is not yet. 7 For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. 8 All these are but the beginning of the birth pains.

9 "Then they will deliver you up to tribulation and put you to death, and you will be hated by all nations for my name's sake. 10 And then many will fall away and betray one another and hate one another. 11 And many false prophets will arise and lead many astray. 12 And because lawlessness will be increased, the love of many will grow cold. 13 But the one who endures to the end will be saved. 14 And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come.

**Philippians 4:1** Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

**Matthew 22:37-39** And [Jesus] said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself.

**Matthew 28:19-20** Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age

**Psalm 81:1-3** Sing aloud to God our strength; shout for joy to the God of Jacob! 2 Raise a song; sound the tambourine, the sweet lyre with the harp. 3 Blow the trumpet at the new moon, at the full moon, on our feast day.

**Psalm 81:6-7a** "I relieved your shoulder of the burden; your hands were freed from the basket. 7 In distress you called, and I delivered you; I answered you in the secret place of thunder; . . .

**Psalm 81:8** Hear, O my people, while I admonish you! O Israel, if you would but listen to me!

**Psalm 50:15** . . . call upon me in the day of trouble; I will deliver you."

**Psalm 81:10** I am the Lord your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it.