

Spiritual Diet and Exercise

PASTOR ZAC HESS • 1 TIMOTHY 4:6-16



WARM UP

If you could have witnessed any event in history firsthand, what would it be and why?

MINISTRY OPPORTUNITY

Charis Host Homes • As the host church for Charis Fellowship Conference this summer, we would like to offer host homes to pastors and ministry leaders to help them attend the conference while keeping travel costs down. If you are interested in opening your home and welcoming a guest from Monday, July 8 through Thursday, July 11, please submit the inquiry form by April 30th at GracePolaris.org/Host and a staff member will be in touch with more details.

WITNESS

- Who are the people in your sphere of influence you're praying will come to know Jesus or are seeking to share the Gospel with?
- Share any progress/updates. Pray together for God to use you and your Grace Group to influence these people for Jesus.

EXPLORE

- 1 What resonated with you from the sermon?
- 2 What is the danger to our godliness when we humor irreverent and silly myths? What would you identify as irreverent and silly myths in our world today?
- 3 What does it look like to prioritize and pursue godliness? How do we train ourselves in godliness?
- 4 What is the relationship between hoping and striving in verse 10? How and why does hope affect our striving?
- 5 What might it look like for you to immerse yourself this week in the things this passage talks about? What change could that bring about in your life?
- 6 How do you sense the Lord leading you to apply this passage?

PRAY

Pray that the Lord would always guard your character and integrity, and pray that He would cultivate you into an example of Christian character and love.

COMING UP

GRACEPOLARIS.ORG/CALENDAR

Child Dedication Class Sundays, April 21, 28, & May 5 • 10:45 a.m. • WC 10
Raising children to become devoted followers of Jesus is no small task, but Grace is here to help! This three-session course helps expand parents' awareness of their privilege and responsibility, culminating in a public dedication ceremony on Sunday, May 12.
To RSVP, visit GracePolaris.org/Parent or text PARENT to 614-888-7733.

Spring Workday Saturday, May 18, 8:30 a.m.–12:00 p.m. • We need your help to prepare for summer! Meet in the Resource Center at 8:00 a.m. for pastries before heading outside to spread mulch around the church campus. Come rain or shine and bring gloves, rakes, shovels, and wheelbarrows (if you have them). RSVP by May 17 at GracePolaris.org/WorkDay or text WORKDAY to 614-888-7733.