



MEN'S FRATERNITY

“Don't Be Spiritually Flabby”

Hugh Halter / October 27, 2021

FIRST TAKE

“High OR Low.” Share your HIGH and LOW from the week. (This could be related to family, work, faith, etc.)

TEXT

Read 1 Timothy 4:7-10

TALK

- 1) Let's start a fight. In order of importance, list what aspects of your life are most important to take care of and strengthen. Physical/mental/emotional/spiritual?
- 2) Describe the disciplines you have to develop these important aspects of your life?
- 3) Hugh framed character, community, and mission as elements you can develop spiritually. Which one could use the most reps right now?

For more information on Men's Fraternity, go to <http://www.cpcdanville.org/men/> or email mens@cpcdanville.org. And be sure to subscribe to our [Men's YouTube](#) page.