

SERIES DISCUSSION GUIDE



THE LOCKER ROOM | EAT CLEAN & TRAIN DIRTY
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To view the message, visit rpc.me/messages.

CONNECTION

Continue with sharing stories from last week, as applicable. A simple place to start:

- What are three positive and three difficult experiences that have shaped who you are today? Where have you seen God at work in your story?

For this week's message: Think about a time someone went out of their way to help or serve you. What did they do, and why has it stuck with you?

MESSAGE RECAP

In week 4 of *The Locker Room*, we were reminded that a healthy church doesn't just gather, we participate. The message centered on the phrase "Eat Clean, Train Dirty." Jesus is our source, the bread of life, and as we grow in Him, the truth we take in should change the way we live. Following Jesus is not simply about what we know; it's putting what we know into action through the way we love, serve, give, and care for people, even those who may be difficult for us to love.

DISCUSSION QUESTIONS

1. **Read John 6:35.** The message from Sunday used the phrase *Eat Clean* to describe continually coming back to Jesus as our source. What do you think Jesus means when He says, "I am the bread of life"?
 - What are some things we can look to for fulfillment or strength instead of Jesus?
 - What could relying on Jesus in your week look like for you?

2. **Read Romans 12:3-5.** Paul compares the church to a body, one body made up of many parts with different functions. How can thinking too highly or too little of the part we play in church affect the way we love and serve others?
 - Where do you find loving and serving others challenging? Why?
3. **Read 1 Corinthians 8:1-2 and Romans 14:19.** Paul is not saying knowledge is bad. The challenge is not to stop with what we know, but to use what we know to build up and love others. The message said if all we do is “bulk” - taking in more and more truth without metabolizing it through loving and serving others, we end up puffed up with knowledge.
 - Where can knowing the “right” answer sometimes get in the way of listening, loving, or learning from others?
 - Think about a relationship or situation where you tend to focus more on being right than understanding the other person. What could it look like to approach that situation with humility?
4. Jesus taught us not only to love people who are easy to love, but also to love our enemies and pray for those who mistreat us. The message challenged us to consider whether our actions are speaking as loudly or even louder than our words.
 - Why can it be easier to argue with, judge, or avoid someone we disagree with than to love them?
 - What might it look like to love or serve someone you disagree with without compromising what you believe?
5. **Read Mark 10:45.** Think about a time you served someone—through a mission trip, your neighborhood, family, church, work, or somewhere else. What did you do, and how did that experience impact you?
 - What did you learn about God, yourself, or others through serving?
 - Where do you see an opportunity to serve in your home, workplace, neighborhood, church, or relationships?

APPLICATION QUESTION *(This section is designed to invite group members to reflect on and do on their own.)*

1. The message challenged us to leave the locker room and put what we are learning about Jesus into action through love and service. This week, ask God: “Who is one person you want me to notice, love or serve?” Then take one practical step to do it.

LEADERS: FOR MEN, be the first to hear! **Friday, October 23** is Men’s Night - a night for you! Pre-party starts at 6pm. Get ready for good eats, plenty of outdoor fun, time with the guys, and a message worth hearing to reset, refocus, and get back in the game. Cost: \$20, sign up at rpc.me/events.

Baptism will be on Sunday, October 18 after all services! Encourage people to sign up (rpc.me/baptism or westend.me/baptism) and plan to come and support them! Baptism is a great next step of obedience for someone to grow in their relationship with Jesus. You don’t have to be a member of RPC|WE to be baptized.

CLOSE IN PRAYER