

## Core Strength Study

**Key Verse:** *"We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy..." - Colossians 1:11*

- How does your core strength affect your athletic performance?
- What are some things you can do to strengthen your core physically?
- How does your physical core strength relate to your spiritual core strength?
- Read Colossians 1:11. The core strength values for FCA are integrity, serving, teamwork, and excellence. Which of these areas are you the strongest? Weakest?
- When you're out of shape, it affects your life in many ways. What does it feel like to be out of shape spiritually?
- The key verse ends with the phrase, "may you be filled with joy." Where does that joy come from? Read Psalms 62:1:8. Why is having joy so important to a Christ-filled life?
- Pray that God will give you all the power, endurance, and patience to strengthen your core both physically and spiritually for His glory.

### **Bible Reference:**

Colossians 1



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