



Grow Guide
Muscle Men Week 1

1. In this series, Dan starts out tackling two ideas and melds them together. First, he tries to discover what a Godly (Muscle Man) is. To do this, we need to find out a few things. So, what is the world's idea of a typical man? What is their idea of a successful man?
2. What is your idea of what a man should be? Finally, what is God's ideal of a man?
3. Read 1 Samuel 13:14. So David was a man after God's own heart, but does this mean he was a perfect man? Can you think of any imperfections in his character? Despite his flaws, David was still a man after God's own heart. Why?
4. Let's switch gears for a minute and examine Dan's other subject, then we'll tie that back into our study of David. What does it mean to worship God? Is there a proper way? Is there a proper time?
5. Do you feel you worship God properly, (a) at church and (b), in the rest of your life? How does the world view worship?
6. Let's see what David did. Read Psalm 145:1-3 and 2 Samuel 6:14-15. We see that David, not only, worshipped God in word, but in deed. He was not too proud to show his love in public despite his station as king.
7. Read 2 Samuel 6:3-7. Sometimes we are well meaning in our worship, but we jump the gun. We forget who we're worshipping and undermine the process. Worship isn't about us, it's about God. How did David correct such a situation, and how can we correct similar ones in our own lives?
8. It is great to "get into it" and worship God, as long as we don't lose sight of what we're doing. Sometimes, however, we must get back to the basics. Read 1 Corinthians 6:19-20 and John 4:23. What does this tell us about how our worship should be?

Muscle Men (or Christians, in general) know how to worship. They understand it isn't for their personal entertainment, but to show love, appreciation and honor to the One who has done so much for them. To be Muscle Men (or just good Christians) we must worship wholeheartedly, not just Sunday, at church, but every hour of every day with the very life we live.

***** For further study, please be sure to check out the "supplement the sermon series" resources found in RightNow media under the "EASTPOINTE" tab.*****