



Session 3: Building Our Faith  
Suggested Week of Use: Sept. 18, 2016  
Core Passages: 1 Pet. 2:1-10

### **News Story Summary**

Last month many of us were glued to our television sets watching our favorite events in the 2016 Summer Olympics in Rio de Janeiro. We were amazed by the gymnasts, swimmers, runners, volleyball players, wrestlers, and others. As we watched, we often wondered how the athletes attained their greatness. The experts tell us that the answer is a three-legged stool: genetic endowment, intensive training, and nutrition.

So what is involved in the nutrition aspect? Certified trainers work very closely with the athletes to help them make precisely the right choices about what to eat, how much to eat, and when to eat it. Of course the needs vary depending on the gender of the athlete and his or her sport. Gymnasts might require 2000 to 2500 calories per day while swimmers could require 8000 to 10,000 calories daily. In general the athletes try to strike a balance between lean proteins, healthy fats, complex carbs, and fresh fruits and veggies. They eat breakfast every day, frequent snacks, plenty of protein, plenty of carbs, and drink lots of water. Most avoid junk foods during their training and events. They want to make every calorie count toward maximizing their performance.

(For more on this story, search the Internet using the phrase “what Olympic athletes eat.”)

### **Focus Attention**

Open the session with a brief discussion about the 2016 Olympics. Ask: *How many of you watched some of the events? What were your favorite events? Who was your favorite athlete to watch? As you watched, did you find yourself asking, “How in the world, did he/she perform such a feat?” What do you think it would take to become an Olympic athlete?* Invite the group to listen as you share the news story.

Point out that the journey of faith that we as Christians are engaged in is much like the training of an athlete. We must discipline ourselves to practice our faith and 1 Peter 2:1-3 tells us specifically what we need to avoid and what “food we need to eat” so that our faith becomes stronger every day. Challenge the group to look for what Peter pointed to as spiritual nourishment.

### **Challenge**

Encourage the group to silently consider these question: *Are you regularly eating a lot of the right food (the milk of God’s Word) to help you grow in your faith? What need to change in your spiritual diet?* As you close in prayer, urge participants to commit these shortcomings to God so that their faith will become stronger and more pleasing to our Lord and Savior.