

FIT Leadership Intro — Follow-Along Handout

Faithful · Intentional · Teachable

Optional Lesson — Participant Handout

This handout follows the FIT Leadership Intro lesson. Use it to take notes, record your responses, and track your reflections throughout the discussion.

OPENING — LEADERSHIP & GROWTH

Discussion Questions:

1. When you hear the word leadership, what comes to mind first?
2. Who has been the most spiritually impactful leader in your life, and why?

Notes:

SECTION 1: SPIRITUAL GROWTH & LEADERSHIP

Read: 1 Timothy 4:7–8

Discussion Questions:

1. Why do you think Paul connects training with godliness?
2. According to this passage, why is spiritual training valuable?
3. How does someone actively train spiritually?
4. Why is spiritual growth especially important for those who lead others?

Notes:

SECTION 2: GROWTH VS. PERFECTION

Read: *Philippians 1:6*

Discussion Questions:

1. Why do people often associate leadership with spiritual maturity or having everything figured out?
2. How can the pressure to appear “put together” affect the way leaders act, grow, or ask for help?
3. According to *Philippians 1:6*, who begins and completes the work of spiritual growth in us? Why is recognizing this important?
4. Growth is ongoing—what has this process looked like in your life so far?

Notes:

SECTION 3: INTRODUCING F.I.T.

Faithful: Being steady and dependable over time; following through on commitments and remaining consistent in your walk with God and your leadership role.

Intentional: Leading with purpose; planning ahead, preparing your heart, and giving focused effort rather than “winging it.”

Teachable: Having a humble posture, open to learning, feedback, and correction.

Discussion Questions:

1. Which FIT quality feels most natural to you right now?
2. Which one feels most challenging?
3. Why do these qualities matter in leadership?

Notes:

SECTION 4: SPIRITUAL FITNESS & DAILY CHOICES (OPTIONAL)

Read: John 15:4–5

Discussion Questions:

1. Who must we stay connected to in order to produce spiritual fruit in daily life and leadership roles?
2. Why is this relationship important before focusing on the “how-to” practices of spiritual growth?
3. What practices support spiritual growth in leaders?
4. What habits or attitudes can quietly hinder spiritual fitness?

Notes:

SECTION 5: RUNNING THE RACE (OPTIONAL)

Read: Hebrews 12:1; Philippians 3:14–15

Discussion Questions:

1. Why should we view leadership as more of a marathon than a sprint?
2. What distractions commonly pull leaders off course? How can leaders fight these temptations?
3. How does keeping an eternal perspective shape leadership decisions today?

Notes:

SECTION 6: READINESS FOR LEADERSHIP

Read: Luke 16:10

Discussion Questions:

1. According to this verse, what does it mean to be “ready” for leadership?
2. How does being faithful in small responsibilities show God you are ready for bigger ones?
3. Why is perseverance more important than perfection?
4. How might focus on small, faithful actions build trust with God and others?

Notes:

SECTION 7: PERSONAL REFLECTION & PRAYER (EXTENDED)

Read: Psalm 139:23–24

Reflection Prompts:

1. Which FIT quality do I most need to grow in right now?
2. How does God reveal areas for growth when I pause and reflect on His work in my life?

Notes:

GROUP PRAYER

Use the prompts below to guide your prayer time.

- Thank God for His grace
- Ask for humility, perseverance, and teachability
- Pray for faithfulness in leadership influence

REFLECT & CONNECT

As you leave today, carry one question with you: In what area of my leadership is God inviting me to grow right now? Return to this handout throughout the year as a reminder of where you started and how far God has brought you.