

FIT Leadership Intro — Follow-Along Handout

Optional Lesson — Participant Handout

OPENING

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?

THE LESSON: GROWING IN F.I.T.

Read: 1 Timothy 4:7–8 and Philippians 1:6

Discussion Questions:

1. According to 1 Timothy 4:7–8, why is spiritual training of great value?
2. How does someone actively train spiritually—and why does that matter specifically for those who lead others?
3. According to Philippians 1:6, who begins the work of spiritual growth in us, and who brings it to completion?
4. If God is the one doing the work, why do you think He still asks us to train and put in effort?
5. How does knowing God will finish what He started take the pressure off—without letting you off the hook?

The FIT Framework:

Faithful — Faithful leaders show up consistently for their people and stay committed to their role, even when it is hard, unseen, or inconvenient.

Intentional — Intentional leaders choose purpose and preparation over autopilot—they think ahead not just for themselves but for the people they are responsible for.

Teachable — Teachable leaders stay humble and open to growth because they know their own formation directly impacts those they lead.

Discussion Questions:

1. What do each of these qualities look like in the ministry you are serving in?
2. As you think about your specific leadership role, which FIT quality feels most natural to you in how you lead right now, and why?
3. Which of these three qualities do you think is hardest to sustain consistently in your leadership over time, and why?
4. How do we train ourselves in these areas?
5. Look back at Philippians 1:6. What encouragement does that verse give you as you strive to lead faithfully in these three areas?

CLOSING

Discussion Questions:

1. What is one idea from today you want to carry with you?
2. How do you want to grow in one of the FIT qualities this week?