

## DD—CW—ACT—Fitness Fellowship (3)

(Discipleship Discussions—Carpenter's Workshop—All Needs Met Commandments Training...)  
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The All Needs Met Commandments Training (ACT) offers a Fitness Fellowship.

Some gyms offer a “Power Station” where participants can access healthy snacks and drinks. The Power Station might also be used as a place where athletes check in on progress, gather new information, and share challenges. The Fitness Fellowship of ACT is similar.

### Content

The Fitness Fellowship is more formal than a Power Station. It offers a weekly or bi-weekly (depending on the group) opportunity to come together to:

- check in on “Progress with the Practices”
- learn something new about spiritual fitness, and
- share Prayer Requests.

### Logistics

The Fitness Fellowship is:

- a set time in the week, or has a bi-weekly schedule
- has a set length of time from one to two hours
- includes fifteen minutes before the meeting for casual catching up
- includes an After Meeting for comments, questions and partnering.

### Format

The Fitness Fellowship uses the Lord’s Prayer as a Format for the meeting. There are two versions of this Format, both of which are available at AllNeedsMet.us, within the Training Pages:

- Lord’s Prayer with Others
  - This is one page and is used when the group is familiar with the Format.
- Lord’s Prayer with Others and with Questions
  - This is several pages because of the addition of questions that train men in how to use the Format.

### Community Practices

The Fitness Fellowship incorporates three Community Practices. There is a Module that covers these in greater depth. Here is a brief introduction:

- **Protected Speaking**—
- Each man is given an opportunity to speak without interruption.
  - ❖ We ask that there be no comments, not even an affirmation or for humor. Perhaps it is like the silence needed when concentrating on a golf swing.
  - ❖ This boundary has proven to be very effective in creating a supportive environment that encourages honesty, which is needed for transformation. Using the gym metaphor, if a man can’t be fully honest about his challenges with some aspect of his diet or weight training, he is less likely to progress.
  - ❖ The need to be thoroughly honest is foundational for spiritual growth.
- **Timed Speaking**—
- The Fitness Fellowship uses Timed Speaking.
  - ❖ There are those of us who talk long in a meeting, and those of us who barely speak. A boundary of time helps the long-talker to become more succinct and the short or non-talker to have a space to speak. Often, when given the space, a non-talker finds his voice.

- **My Story—**
- In the Fitness Fellowship, we ask that a man tell his own story only.
  - ❖ Using the gym metaphor, there is little benefit in focusing on another man’s workout. It is also of little benefit to focus too much on the theory of exercise.
  - ❖ Similarly, we find, as men seeking spiritual fitness, that it does not help to talk about another man’s story, or about another fellowship, nor does it help to focus on the theory of spiritual growth.
  - ❖ The most effective way to grow is to make our workout personal with “My Story.”

#### Partners in Prayer

The Fitness Fellowship also provides the opportunity to arrange Partners in Prayer.

- In the gym, at the Power Station, a man can find a spotter for his routine. In ACT, in the After Meeting of the Fitness Fellowship, we can set up partnerships.

The Fitness Fellowship is an important part of ACT. It is an opportunity for community and friendship, and it is an important component in our transformation to God’s Best Men.