

Session #5 Title: **Four Vital Areas of Christian Health!** (*Firing on All Four Cylinders!*)

Press In To: 1.) A Relationship With God, 2.) Change and Growth, 3.) A Real Relationships With Sincere Christians, 4.) Press In To: Giving

Acts 2:41–47 (NLT) ⁴¹ Those who believed what Peter said were baptized and added to the church that day—about 3,000 in all. ***The Believers Form a Community*** ⁴² All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer. ⁴³ A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. ⁴⁴ And all the believers met together in one place and shared everything they had. ⁴⁵ They sold their property and possessions and shared the money with those in need. ⁴⁶ They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity—⁴⁷ all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.

Hebrews 10:25 (NLT) ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

2 Timothy 4:2–4 (NLT) ² Preach the word of God. Be prepared, whether the time is favorable or not. Patiently correct, rebuke, and encourage your people with good teaching. ³ For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear. ⁴ They will reject the truth and chase after myths.

1. Press In To: A Relationship With God

First, Become A Christ Follower – Spiritual Birth (Repent, Believe, Trust, Surrender, Follow – Jesus is Lord of Your Life)

John 3:3 (NLT) ³ Jesus replied, “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.”

John 3:16 (NLT) ¹⁶ “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

Romans 3:23 (NLT) ²³ For everyone has sinned; we all fall short of God’s glorious standard.

Romans 6:23 (NLT) ²³ For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

Romans 5:8 (NLT) ⁸ But God showed his great love for us by sending Christ to die for us while we were still sinners.

Luke 24:47 (NLT) ⁴⁷ It was also written that this message would be proclaimed in the authority of his name to all the nations, beginning in Jerusalem: 'There is forgiveness of sins for all who repent.'

Romans 10:9–10 (NLT) ⁹ If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.

Second, Spend Time With God:

- 1. Hear God**
- 2. Listen To The Word**
- 3. Welcome the Holy Spirit and Gifts Working In You, and Through Others**
- 4. Worship In Spirit And Truth**
- 5. Set Aside Time to be With God**
- 6. Step Out In Faith**
- 7. Be With Other Believers**

God Wants To Provide A Flow of Food, Drink & Support That You Need To Live and Stay Healthy! (Sustenance)

Sustenance is the food, drink, or support that people, need to live and stay healthy. It also means the maintenance of life or a source of livelihood. **Spiritual Sustenance Comes From God**

John 6:35 (NLT) ³⁵ Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

Matthew 4:4 (NLT) ⁴ But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"

John 16:13–15 (NLT) ¹³ When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. ¹⁴ He will bring me glory by telling you whatever he receives from me. ¹⁵ All that belongs to the Father is mine; this is why I said, 'The Spirit will tell you whatever he receives from me.'

John 15:5 (NLT) ⁵ "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

2. Press In To: Change and Growth

[Change is Good if It Makes Us Better]

(Change Like... Healing, Freedom, Spiritual Growth, Personal Growth, & Biblical Understanding Growth)

2 Corinthians 5:17 (NLT) ¹⁷ This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

1 John 2:6 (NLT) ⁶ Those who say they live in God should live their lives as Jesus did.

John 13:15 (NLT) ¹⁵ I have given you an example to follow. Do as I have done to you.

Romans 12:2 (NLT) ² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

a. Healing – Freedom

John 8:32 (NLT) ³² And you will know the truth, and the truth will set you free."

1 Peter 2:24 (NLT) ²⁴ He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.

2 Corinthians 3:17 (NLT) ¹⁷ For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

Galatians 5:13 (NLT) ¹³ For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.

b. Growing - God is constantly teaching us more

2 Peter 3:18 (NLT) ¹⁸ Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ.

1 Peter 2:2 (NLT) ² Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment,

Colossians 1:10 (NLT) ¹⁰ Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.

Ephesians 4:15 (NLT) ¹⁵ Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

3. Press In To: A Real Relationships With Sincere Christians

Galatians 6:2 (NLT) ² Share each other's burdens, and in this way obey the law of Christ.

James 5:16 (NLT) ¹⁶ Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

1 Thessalonians 5:14 (NLT) ¹⁴ Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone.

Ephesians 4:1–16 (NLT) *Unity in the Body*

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. ⁴ For there is one body and one Spirit, just as you have been called to one glorious hope for the future. ⁵ There is one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all, in all, and living through all. ⁷ However, he has given each one of us a special gift through the generosity of Christ. ⁸ That is why the Scriptures say, "When he ascended to the heights, he led a crowd of captives and gave gifts to his people." ⁹ Notice that it says "he ascended." This clearly means that Christ also descended to our lowly world. ¹⁰ And the same one who descended is the one who ascended higher than all the heavens, so that he might fill the entire universe with himself. ¹¹ Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. ¹² Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. ¹³ This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. ¹⁴ Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. ¹⁵ Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. ¹⁶ He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

4. Press In To: Giving

Ephesians 2:10 (NLT) ¹⁰ For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10 (NIV) ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Romans 12:6–8 (NLT) ⁶ In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. ⁷ If your gift is serving others, serve them well. If you are a teacher, teach well. ⁸ If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

2 Corinthians 9:7 (NLT) ⁷ You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully."

1 Thessalonians 5:11 (NLT) ¹¹ So encourage each other and build each other up, just as you are already doing.

Hebrews 3:13 (NLT) ¹³ You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God.

Hebrews 10:24–25 (NLT) ²⁴ Let us think of ways to motivate one another to acts of love and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Serving

Mark 10:45 (NLT) ⁴⁵ For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

John 13:14 (NLT) ¹⁴ And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet.