



Sermon Notes
March 1, 2020 – Romans 8:1-14
Life Shapes 7: Practicing the Principles of a Vital Life
(MRS GREN - heptagon)

Summary: We know what functions are necessary for an organism to be fully alive physically. What functions are necessary for us to be fully alive spiritually? Using the heptagon and MRS GREN, we can practice the principles of a vital life.

Big Idea: Jesus not only gives us spiritual life, He will show us how to grow in all aspects of spiritual life so we can be more fully alive with Him.

Intro: Seeing a picture of myself napping

- A. Measuring for signs of physical life
- B. Measuring for signs of spiritual life

I. MRS GREN

- A. MRS GREN and _____ life
- B. MRS GREN and _____ life
 - 1. M _____
 - 2. R _____
 - 3. S _____
 - 4. G _____
 - 5. R _____
 - 6. E _____
 - 7. N _____

II. Application

- A. Using the heptagon & MRS GREN to give ourselves a regular checkup
1. Movement – Am I moving freely in the direction God is leading me?
 2. Respiration – Is prayer something that I naturally do throughout the day?
 3. Sensitivity – Am I able to perceive what God is saying and doing in my life?
 4. Growth – Is my trust in God growing?
 5. Reproduction – Am I leading someone else into a growing relationship with Jesus?
 6. Excretion – Is there hidden sin or a root of bitterness in our hearts that needs to be expelled through confession & forgiveness?
 7. Nutrition – Am I feeding my spirit with good nutrition from God?

- B. Using the other Life Shapes to help us grow in each of the functions of MRS GREN

III. Imagine

- A. What would it be like if your spirit was fully alive in all the functions of MRS GREN?
- B. What kind of an impact for God's Kingdom could our church have if all of us were practicing the principles of a vital life?

Conclusion:

- A. Challenge: Pray through the 7 functions of MRS GREN & ask God to show you which functions need to be improved & how to do it.
- B. Application: Which function is a strength for me? Which function do I, with God's help, need to improve?
