

“How to Be Spiritually Healthy”

John 15:1-8; Eph 4:17-32

For God So Loved the World – John, Part 2

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Did you know... 7 in 10 American adults describe themselves as _____ in some way.

- 7 in 10 believe in heaven. 6 in 10 believe in both heaven and hell.
- 54% say they believe in “God as described in the Bible.”

- Credit: Pew Research Center, Dec 2023

Check out this statistic: A Gallup poll in March 2024 claims that 68% of Americans claim to be Christian!

- This begs the question: Why does our culture _____ reflect these statistics?
- The obvious answer: Not all 68% are Christians, in the _____ sense of the word.

Looking at this through the lens of *The Great Commission...* (Mt 28:19-20)

- The mission of the Biblical Christian would be to become as spiritually _____ as possible! *Let’s learn how.*

John 15:1-8 ... The vine and branches illustrate the relationship we have with Jesus. *He’s the Vine and we are the branches.*

- The primary function of a branch is to bear fruit.
- It would fail to do so because it is infected by _____. Once the branch is _____...
- ... the infection will spread to other branches. Hence, the need for the branch to be cut off.

“Okay, so how does this illustration relate to my relationship with Jesus?”

- We were all born infected by the disease of _____. (Rom 5:12 → Gal 5:19-21 → 1 Pet 1:23 → Rom 6:12-14)
- When we’re “born again,” (Jn 3:1-8; 1 Pet 1:23) we must _____ ourselves of this disease of sin. (Eph 4:17-32)

And we are to “bear fruit!” ... a metaphor that refers to a person's _____ of their faith. (Mt 7:15-20)

- “Give me some examples.” Well, we just looked at some in Eph 4:17-32. *Which one makes the greatest impression?*

Let’s tie everything together in a summary statement.

Regarding the Great Commission, the more spiritually healthy we are → the more effective we will be in discipling those who claim to be Christians → the more our nation will reflect Biblical Christianity → the more we can contribute towards that glorious hope of Christ’s return! (Mt 28:19; Rev 5:9; Ac 1:8; Mt 28:20; Mt 24:14)

TURN OVER FOR APPLICATION AND GOING DEEPER QUESTIONS

GOING DEEPER QUESTIONS FOR “HOW TO BE SPIRITUALLY HEALTHY” – 06/09/24

Go through this note sheet and discuss with your growth group and/or your family at the dinner table. Seek opportunities to also share this with your friends, relatives, coworkers, neighbors, and/or school mates. Bring this note sheet to your work and discuss it with your workmate over lunch. Bring it to school and discuss it with your schoolmate over lunch. Read the main passage and look up all of the supporting verses on the other side of this note sheet. Pray with one another.

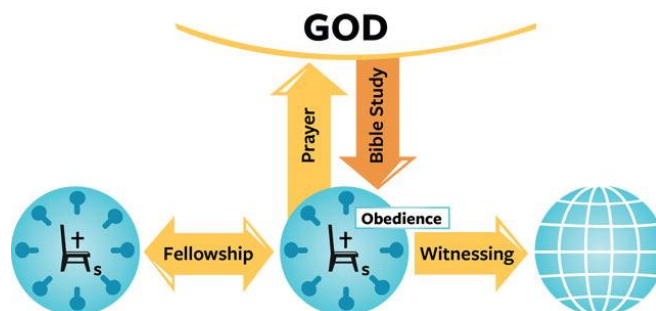
1. Read the main passage and share your thoughts with the group.
2. As you work through the note sheet, look up all of the supporting passages. Which point made the greatest impression on you and why?
3. Regarding the diagram to the right - out of all four of the spiritual disciplines – err, I mean delights – of Bible reading, praying, going to church, and sharing your story (witnessing), which one do you need to work on the most? How specifically can you improve on that? Which one do you feel like you’re excelling at the most?
4. Regarding the diagram to the left – the items listed are actual fruits of living a Christ-directed life. Circle the #1 fruit that you would like to produce the most in your life. How specifically will you go about doing that? Explain in your own words what the phrase “Christ-directed life” means.

Christ-Directed Life

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness



- Life is Christ-centered
- Empowered by Holy Spirit
- Introduces others to Christ
- Has effective prayer life
- Understands God’s Word
- Trusts God
- Obeys God



5. On a scale of 1-5, how well can you relate to the following? ___/5 If you didn’t score a 5, what could you do to raise your score?

When you stop living for yourself and start living for Jesus, you have this insatiable hunger for the Word of God. You can’t put it down! You experience this perpetual explosion of understanding! Your prayer life becomes dynamic. Your prayers take on a supernatural power! You used to go to church because you felt like you were supposed to. Not anymore. Now, you LOVE to! You’re telling others about how this relationship with Jesus is radically transforming your life! You’re praying for them and desiring that they experience what you have. You develop these amazing relationships with people you never met before and people you wouldn’t even normally hang out with (because you have different interests and lifestyles and whatnot) as you allow your heart to be woven together with other hearts to be unified for an eternal purpose:

To be witnesses (Acts 1:8-9) and make disciples (Matt 28:18-20).

6. Discuss these two things to consider when desiring to produce more fruit (outward expressions) of your faith.
 - a. Check your heart for *pretense*. Becoming an expert at the Christian lingo, routines, and “acting Christian,” yet your heart may be selfish, resentful, and joyless even while going through the motions of serving God!
 - b. Fruit starts as a seed germinating inside the heart. Is the condition of your heart – your inner thoughts, desires, and motives – pleasing to God? If so, you will bear fruit that is most tantalizing to those who claim to be Christians! Be unconditionally surrendered to God in everything and use all he has given you for His glory.