

Growing as a Healthy Disciple

Just as healthy children grow, so do healthy disciples. But how do we accurately measure our spiritual health on regular basis? The Bible presents a tool for accurately measuring our growth—one that can also be used to assess the spiritual health of any group of believers.

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I. Introduction:

a) 3 John 1:2 - “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” (cf. Acts 2:41-47)

b) The Seven Marks of a Spiritually Healthy Disciple of Christ

* Fellowship * Doctrine * Worship * Service * Evangelism * Discipleship * Prayer

II. We Must Grow Closer Through Fellowship

Acts 2:42, 45-46 “And they were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer....and they began selling their property and possessions, and were sharing them with all, as anyone might have need. And day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart...”

What is fellowship? Greek: koinonia — (cf. 1 Jn 1:7; Ps. 133:1; Rom. 1:12; Jn 13:34-35; Heb. 10:24-25; Gal. 6:2; Eph. 2:21-22; Phil. 1:27)

III. We Must Grow Stronger Through Doctrine

Acts 2:42 “And they were continually devoting themselves to the apostles' teaching...”
(cf. Titus 2:1; 2 Tim. 4:34; 2 Tim. 2:15; Eph. 4:14-15; 1 Tim. 4:6)

Col. 3:16 “Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another...”

IV. We Must Grow More Passionate Through Worship

Acts 2:43 “And everyone kept feeling a sense of awe; and many wonders and signs were taking place through the apostles.”

What is worship? (cf. John 4:24; Acts 2:43; Ps. 95:67; Phil. 3:3; Ps. 29:2)

V. We Must Grow Broader Through Service

2 Cor. 9:12 “For the ministry of this service is not only fully supplying the needs of the saints, but is also overflowing through many thanksgivings to God.”

(cf. 1 Cor. 12:47; Rom. 12:6; Eph. 4:16; Zeph. 3:9; 1 Cor. 16:9; 2 Tim. 2:4)

VI. We Must Grow Larger Through Evangelism

Acts 2:41, 47 “So then, those who had received his word were baptized; and there were added that day about three thousand souls...And the Lord was adding to their number day by day those who were being saved.”

(cf. Is. 52:7; Prov. 25:25; Is. 40:9; Acts 13:32; Matt. 28:19; 1 Thess. 1:8)

VII. We Must Grow Deeper Through Discipleship

Matt. 28:19 “Go therefore and make disciples of all the nations...”

What is a disciple? (cf. Rom. 8:29; 2 Cor. 3:18; Col. 1:28; Gal. 4:19; Eph. 4:11-16; 1 Jn 2:13-14)

VIII. We Must Grow More Effective Through Prayer

Acts 2:41-42 “So then, those who had received his word were baptized; and there were added that day about three thousand souls. And they were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.”

Is. 56:7 “...For My house will be called a house of prayer for all the peoples.”

cf. Rom. 12:12; Eph. 6:18; Acts 6:4; James 5:13-16

2 Chr. 7:15 “Now My eyes shall be open and My ears attentive to the prayer offered in this place.”

IX. Concluding Challenge:

Col. 1:28-29 “And we proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man complete in Christ. And for this purpose also I labor, striving according to His power, which mightily works within me.”

Is. 38:16 “O Lord, by these things men live; And in all these is the life of my spirit; O restore me to health, and let me live!”

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