

The Healthy Life

How do we measure our spiritual health or the health of our ministry? Whereas we are tempted to measure by human standards, God has clearly laid out the measuring tools as it relates to fellowship, doctrine, worship, service, evangelism, discipleship and prayer.

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Introduction: cf. Acts 2:41-47

3 John 1:2 “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.”

1. Growing Closer Through Fellowship

Acts 2:42, 45-46 What is fellowship (Greek: koinonia) =
cf. 1 Jn. 1:7; Ps. 133:1; Rom. 1:12; John 13:34-35; Heb.10:24-25; Gal. 6:2;
Eph. 2:21-22; Phil. 1:27

2. Growing Stronger Through Doctrine

Acts 2:42 “And they were continually devoting themselves to the apostles' teaching...”
cf. Titus 2:1; 2 Tim. 4:3-4; 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...”

3. Growing 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? John 4:24; Acts 2:43; Ps. 95:6-7; Phil. 3:3; Ps. 29:2

4. Growing 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. 12:4-7; Rom. 12:6; Eph. 4:16; Zeph. 3:9; 1 Cor. 16:9; 2 Tim. 2:4

5. Growing 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

6. Growing Deeper Through Discipleship

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

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

7. Growing 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.” Cf. Is. 56:7; Rom. 12:12; Eph. 6:18; Acts 6:4; James 5:13-16; 2 Chr. 7:15

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!”