



Healthy

April 28, 2019

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Our Mission: *to create an authentic Christian community that effectively reaches out to un-churched people in love, acceptance and forgiveness, so that they may experience the joy of*

salvation and a purposeful life of discipleship.

Sermon in a Sentence: You are responsible for your own spiritual health.

1 Timothy 4:7–8 (NIV)

2 Peter 3:18a (NIV)

Q—Am I closer to God today than I was last year?

Luke 9:23–24 (The Message)

To take the Spiritual Health Assessment: www.ctlk.church/spiritualhealth

Philippians 2:12–13 (NIV)

Taking responsibility for your own spiritual health:

⇒ **Work** _____.

Ephesians 2:8–10 (The Message)

Q—What is your plan for spiritual growth?

Bible Basics Reading Questions:

1. What did I just read?
2. What do I do with what I just read?
3. How will I be different today because of what I just read?

⇒ **Work** ____.

Philippians 2:13 (NIV), Colossians 1:29 (NIV)

Q—What is the good work that God is doing in you today in order to work through you one day?

ANSWER KEY: out, in



Study & Discussion for Your Next Small Group

Theme: Work Out & In

Share Together: What is your favorite form of exercise?

Look back together: What impacted you most from Sunday's message?

- What are your feelings and thoughts about Dan's statement, "You are responsible for your own spiritual health."?
- What does it look like to be spiritually fit?

Read Together: Philippians 2:12-13

Discuss Together: Why do you think Paul asks the Philippian church to obey "much more" in his absence? How can you relate to this in terms of parenting, teaching or employment?

Based verse 12:

- When Paul says, "work out your salvation", how is this different than working *for* your salvation? What are the consequences when people misread this verse?
- How is our salvation not dependent on good works? Read Ephesians 2:8-9 before answering.
- How is doing good works a response to our salvation? Read Ephesians 2:10 before answering.
- What should be our reaction to a person who suggests that since we are saved by grace, it doesn't matter how we live our lives? Read Romans 6:1-4 before answering.
- What does Paul mean by, "work out your salvation with fear and trembling"? How do we do this in our daily lives?

Based on Verse 13:

- How does our "working out" and God's "working in" relate with one another?
- In what ways does God work in us to fulfill his good purpose and not our own?
- What is an example of how God has been working in you personally? How has he taught you through this experience? What have been the results?
- What are some challenges you are facing, that you need God to work in, and circumstances you need prayer for?

Pray Together: Take time to share the good things God is doing in your life, as well as prayer requests you have.