

Healthy living

The last session in our spiritual healthcheck gives you an opportunity to look back with reflection, and look forward with decision.

Do not merely listen

Read James 1 v 22-25

- ❓ *What does God's law offer us (v 25)?*
- ❓ *How does this motivate us not to make the mistake described in v 22-24?*

Reading God's word never leaves us unchanged. It either results in us "doing it" and enjoying the freedom of living the way we were designed to, under God's law—or it leaves us deceiving ourselves, because we think that reading is what counts. It isn't. Doing is. The word brings us to Christ, shows us Christ, and then tells us to live like Christ. So this series is only helpful for your spiritual health if it results in you doing what the word has been prompting you to do!

Apply

Let's return to the diagnosis stage. How did you measure your spiritual health on these five yardsticks?

- ❓ *Are you in love with Jesus?*
- ❓ *Are you grateful for the cross?*
- ❓ *Are you excited about the new creation?*
- ❓ *Are you committed to God's people?*
- ❓ *Are you pursuing growth in godliness?*
- ❓ *How might you address ways in which you have stagnated? How will you ensure that you are praying about them?*

Now let's look at the vitamins. How has this series helped you to make best use of:

- ❓ *Bible reading?*
- ❓ *prayer?*
- ❓ *the Lord's Supper?*
- ❓ *your church community?*
- ❓ *creation?*
- ❓ *suffering?*
- ❓ *Are there any practical changes you need to make to ensure a "healthy diet"?*

Lastly, let's reflect on the way the Spirit, our doctor, administers the treatment we need.

- ❓ *How have you been encouraged and challenged to rely on and work alongside the Spirit as he works in you?*

Transformed

Read Romans 8 v 28-30; 2 Corinthians 3 v 17-18

Above all, remember what spiritual health looks like—it looks like Jesus. The healthy Christian is the Christ-like Christian. One day, you will be perfectly like him; today, you can grow more like him. And you do that as you see him, as the Spirit shows you Christ in his word and prayer, in his supper, in his people, in his creation and through the circumstances he sends you.

Pray

Reflect on how you have been excited about and moved by Christ. Thank God for him. Ask him, by his Spirit, to keep showing you Jesus, and where you are not like Jesus, so that you keep changing to be like Jesus.