

Spiritual Health

Spiritual health is remaining firmly connected to Jesus so that He lives and loves through us.

John 15:1-5

The heart of spiritual health is **fellowship** with Jesus.

The **evidence** of spiritual health is fruit from Jesus.

Galatians 5:22-23, Colossians 1:10, Romans 1:13, Romans 15:28

Production of fruit

John 15:2

The exercises for spiritual health connect us to Jesus.

John 15:7

We often call unbelievers to “invite Jesus into your life.”

Jesus doesn’t want to be in your life. Your life’s a wreck. Jesus calls us into His life. And His life isn’t boring or purposeless or static.

It’s wild and exhilarating and unpredictable. — Russell Moore

Considerations for the week

Several spiritual disciplines are listed on the church website. Please choose two for your focus in 2019.

Have you prayed about and selected your first spiritual exercise?

Describe your fellowship with Jesus.

Is there an area in your fellowship with Jesus that is a struggle for you? If so, why?

Tell about a time when God pruned your life and you saw the benefit of it.

Can you identify more pruning that needs to happen?