



## GROUP ICE BREAKER

What's the best piece of advice you've ever been given?

## REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week? How did it go?

- I will trust that Jesus is willing to act on my behalf.
- I will resist the temptation to be judgmental or indifferent to the needs of others.
- I will believe that Jesus can and will heal, if not in this life, then in the life to come.
- I will allow Jesus to move in all areas of my life, physical, relational, emotional, and spiritual.
- I will share with someone else what Jesus has done for me.

## MESSAGE SUMMARY

This week we looked at the vital signs of spiritual health. The challenge is not just to know what the vital signs are but to use them to monitor your own spiritual life.

The four vital signs are in the book of Acts, written by a doctor named Luke. The first vital sign is the apostles teaching. The question to consider as you evaluate yourself in this area is: *"Am I meeting God regularly in the Bible?"* When someone is spiritually healthy they're drawn to the wisdom and comfort in the Bible. Do you actually have a plan for regularly reading the Bible, and are you carrying that plan out?

The second vital sign is fellowship and the question to consider is: *"Is God transforming my relationships?"* When the Holy Spirit is really at work in someone's life, they devote themselves to keeping short accounts, to doing relationships differently.

The third vital sign is prayer. The question to consider is: *"Am I continually communicating with God?"* People who are alive spiritually have a conviction that the greatest intimacy with God comes uniquely through prayer.

The fourth vital sign is the breaking of bread and the question to consider is: *"Am I sharing my life with others?"* People who are spiritually alive will walk through their days looking for Spirit-prompted opportunities to serve with energy and joy.

## DISCUSSION QUESTIONS

1. Has there been a time that you knew your spiritual life was in trouble? Share with the group what the indicators were or are.
2. How would you describe the difference between dabbling and being devoted to something? What have you dabbled with in life that you should have been devoted to? How did you correct it?
3. Read Psalm 119:97-105 and Hebrews 4:12. Do you have a regular Bible reading plan? If so, what is it? If not, what has kept you from it? What would you say is the value of regular time spent reading the Bible?
4. Read Galatians 6:2. Do you have relationships devoted to fellowship, community, accountability, and forgiveness? If so, describe the value you have found in it. If not, what have been your hindrances to developing them?
5. Read Matthew 6:5-8. Describe your conversations with God. Do you pray regularly, occasionally, or rarely? Why? What types of things do you pray for? Do you pray with others?
6. Read John 13:12-17. What are some things that have prevented you from serving others? What are practical ways you can serve others in your everyday life? As a small group?

## **NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)**

Use these as a guide to take your next step and commit to what you learned this week:

- I will find a regular time to meet God in the Bible.
- I will devote myself to community and accountability.
- I will join a small group where I can develop deep relationships.
- I will spend time in ordinary conversation with God.
- I will devote myself to spending time in prayer.
- I will walk through my days looking for Spirit-prompted opportunities to serve.
- I will share my life with others.

## **SUPPLEMENTAL RESOURCES**

The following are suggested resources to continue with Next Steps for this week.

- [Daily Bible Reading Plans](#)
- [Join a Small Group](#)
- [Prayer for Beginners](#)
- [Explore Ways to Serve](#)

## **SCRIPTURE REFERENCES**

- Acts 2:42
- Ephesians 4:26-27
- 1 Thessalonians 5:16-18