



“Spiritual Fitness Survey”

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21:27

As we get started in our message time this morning, I'm gonna invite you to grab your Bible, to grab your notepad. This morning is gonna be kind of a fun and interesting take on a sermon. But before we get started, does anybody remember, maybe in your childhood growing up, taking the Presidential fitness test? Does that ring a bell for anybody? Yeah, I figure there's a few that kind of rings a bell for you. You had to run or jump or throw or push-ups or pull ups or. Yeah, there were kind of some different variations throughout the years of what that looked like. But the goal in that test was to provide feedback and to help motivate children to seek physical fitness, however misguided that may or may not have been.

22:10

Whatever your memories of succeeding or maybe not succeeding so well at that possible test, whatever that was, however misguided their efforts were, I think their intentions were good. Because, honestly, evaluating where we stand and figuring out kind of where things are at, it's an important part of the growth process. So over the last nine months or so, I've shared with you guys a couple times over the last couple of weeks that our goal the elders we've been talking about, how do we develop a healthy church? What does it look like for us to be a healthy church? And so the elders have spent a great deal of time trying to answer the following question. What does a healthy body part in the church look like? Right.

22:55

Because if we want to be a healthy church, we need to be a body that's made up of a bunch of healthy individual body parts. And so our plan was for us to take time to try to describe what does that look like? What does a healthy body part in the church look like? And so we set out to try to find all of the individual things that Scripture commands of a believer. Do this, do this, don't do this, don't do that. All of the necessary pieces for a person to be a healthy, functioning member of the body of Christ. What does the Bible have to say about that? Admittedly, our conversations, they went on from week to.

23:35

It seemed like months that we kind of sat around and were writing down all the different things and trying to kind of figure out, what does the Bible have to say about this? And admittedly, our list got quite long. We were working in my office. I had these chalk markers, and were writing on the window. It was like my whiteboard, weird “Beautiful Mind” thing that we had going on. But were writing, and we'd have to take a picture of it and erase it and start

over and keep going. And the list got quite long. We ran out of space on the window more than a few times. But after we made the list, we realized that sermon is going to take about eight hours for us to preach, for me to preach, if we tried to communicate all of those things.

24:12

So we had to try to condense the list and combine things and kind of sort out what does this look like practically in a person's life. So I believe we created kind of a very tangible list of items to serve as a list of various details for us to focus on as we evaluate. What does healthy look like in my life? What does healthy look like? If I am a healthy Christian, if I am a healthy part of the church, what do I need to be doing? What are the characteristics that need to be a part of my life? So what we're gonna do this morning is we're gonna take a look at that list. Now, this is not a comprehensive list by any stretch of the imagination. Right?

24:54

We had to narrow things down a little bit, but I think this list is going to give us a good picture of some of the key areas of what a healthy Christian should be seeing in their life if they're seeing progress. We're going to walk through these things together. So today we're going to take an honest look at ourselves. The goal for today is for us to evaluate where are we at, where are we succeeding? And then where do we have some room to grow? Where are the things that we need to improve on? Now, this isn't an activity for you to judge your neighbor. Right. Spouses. This isn't, how is your husband or how is your wife succeeding or failing in this? Right. They've got their own paper. They're gonna think through this themselves.

25:35

So we don't need any elbows in the room or anything like that. This isn't for us to look down on anybody. This isn't even for us to look down upon ourselves. This is a careful exercise for us, hopefully. The goal is to provide a clear picture of a couple of things for us. First, we want to answer the question, what do I need to work on? And the second is we want to answer the question, why do I need help in this process? Because if there's anybody in the room that is just nailing this 100%, you've got the Christian life figured out, and everything is perfect and easy for you. I'm sorry you're in a bad room. You're with a bunch of people that don't have it figured out perfectly. So, you better get out before we pollute you.

26:20

But my goal in today is for us to figure out, all right, where are we succeeding? Where do we need some work? So, this week is going to be a little bit strange for me. I'm going to try to limit any sort of we need to do better because. And kind of, I don't want to spend a ton of time preaching this. I simply want to make a statement. I'm going to read several Bible verses on each and every one of these to kind of give you what the Bible has to say about these different areas. My goal is simply for God to use this time this morning to show us our areas of need to reveal to us. Let the Holy Spirit speak to us this morning.

26:58

And so when I looked at my notes, about 75 to 80% of the words that are in my notes are just scripture. Right? I'm just up here reading this morning. But we're going to let the word of God speak to us this morning. And then over the next two weeks, then we're gonna come back and we're gonna create a health plan, and we're gonna develop a strategy for how we can improve in these areas. Cause I dare speculate there's somebody that's gonna miss at least a couple of these things that you're not gonna be just perfectly nailing it. So don't walk

away today and go, I'm terrible. I'm a failure, and never come back. Right? That's not the goal of today. Today is not about beating you down in all these different areas. Today is a step in the process.

27:42

Today is the evaluation for us to see. You know, I've got some spaces where I could grow a little bit. And then we're going to come back and we're going to talk about how we should do that and what that looks like in the church. So I want to pray for us one more time. We're going to pray that God would bless us, give us ears to receive what his spirit would say to us this morning. And then we're just going to dive in with our own little presidential fitness test this morning. Would you pray with me? God, we pray that you would use this time, God, that this would be an encouraging time, that this would challenge us, that it would push us to evaluate our own lives. God, I think.

28:18

I know I'm so guilty sometimes of looking at things in my life and going, well, you know, it's not that bad. I think times like this can allow us to step back and God, no, we need some work. And we need your Holy Spirit to empower us to. To be the people and to do the things that you call us to do. So, God, we pray that you would use this time, that you would speak and that all of us would listen, God, as we consider what your word has to say about what the life of a believer, what the healthy life of a Christian should look like. So we give this time to you, and we pray that you would use it, that you would speak and, God, that you would challenge us to growth as we continue forward in this series.

28:58

God, we give this time to you and we pray that you would work. It's in Jesus name we pray. Amen. All right, well, we're going to work on our little assessment together this morning. So here's what we're going to do. Just kind of process for you. So I want you to grab your notepad and I want you to make three columns. Maybe if you're not a physical note taker, grab your phone. I'm going to encourage you. Pull your phone out, pull a note open or something like that. And I want you to put Three headers down that we're going to come back and put different things into these. These buckets, under these different headers. The first bucket is, you're crushing it, right? You are just killing it at whatever the topic is. There's no room for growth in you in that area.

29:39

You are just doing everything you need to be doing. The second bucket is, you know, I'm doing okay, right? I'm doing all right. I'm kind of. I'm stumbling forward, but maybe there's some space that I could get better. And then the last bucket is, no, that one needs work. And so I want you to write these three headers, and we're gonna come back. We've got nine different things that we're gonna look at. I'm gonna describe an element of the healthy Christian life. We're gonna look at a few Bible verses of what it says about that thing. And then I want you to put each of these nine things into one of those three buckets. You're gonna say, you know, that one, I'm crushing it. That one, I'm doing okay. That one, maybe I could use a little bit of work.

30:22

And so we're going to work through this together. Remember, this isn't for you to grade your neighbor's paper. We're not going to pass it back and forth and kind of do that thing like we

used to in school. This is simply supposed to give us a realistic and a practical view of where we have room to grow. Nobody's beyond the work of the Holy Spirit. None of us are so bad that we can't get better. And none of us is so perfect that we don't need any help in these things. But this is going to hopefully help us out as we continue forward. So you guys ready? Here we go. All right. The first piece of our assessment, our presidential fitness test today is, I know Jesus Christ as my personal Lord and Savior. Seems like a good place for us to start, right?

31:06

No assumptions. We don't want to assume anything, but we simply have to answer the question, do you know Jesus? Not do you know about Jesus, but do you know Jesus personally? Have you placed your faith in Jesus alone to save you from the consequences of your sin? Because I hate to be the one to say this, but you cannot be a healthy part of God's church if you're not first a part of God's family. A couple of verses I want to read for you. Ephesians, chapter 2. It says, for by grace you have been saved through faith. This is not your own doing. It is the gift of God, not a result of work, so that no one may boast.

31:42

Titus chapter 3 says, when the goodness and loving kindness of God our Savior appeared, he saved us not because of works done by us in righteousness, but according to his own mercy by the washing of regeneration and the renewal of the Holy Spirit, who He poured out on us richly through Jesus Christ our Savior. Finally, at Romans chapter 10, it says, if you confess with your mouth that Jesus is Lord, you believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. So first question is regarding your personal relationship with Jesus as your Savior and as your Lord. Are you crushing it? There isn't really a middle option here, right? Is your answer yes or no?

32:29

Are you crushing it or do you need some work in that area? The second question for us to ask today, for us to consider this statement is I submit to the Bible as the absolute authority in my life. We talked about the importance of this a little bit in our series already up to this point. But I want you to not consider theoretical now. I want you to consider your life in your practical day by day moments. When you face a decision, what priority do you place on the Bible and what it has to say in your decision-making process? Do you consult the Bible above other voices in your life or do you look to your own opinion? Do you look to what your friends have to say about a topic?

33:11

Do you look for some other book or some other expert on the matter to consider what someone on Amazon has to say about the topic? Matthew, chapter 4. Jesus said, it is written, man shall not live by bread alone, but by every word that comes from the mouth of God. Psalm 119, verse 11. It says, I have stored up your word in my heart that I might not sin against you. Romans chapter 15 says, for whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures, we might have hope. Finally, In Hebrews chapter 4 it says that the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, discerning the thoughts and the intentions of the heart.

34:03

But no creature is hidden from his sight. All are naked and exposed to the eyes of him to whom we must give an account. So if you're to answer that question today, how do you view and obey the Bible? Are you crushing it? You doing okay? Or do you need some improvement? Go ahead and write down honor the Bible, obey the Bible in one of those buckets. The third question for us today, the third thing for us to evaluate in our own lives is the statement, I have followed the command of Scripture by being baptized. This one's pretty binary as well, right? A simple yes or no, in a sense. But with that said, I know that there are tons of people who I've met who believe that this, you know, it's not really that big of a deal.

34:50

It doesn't really matter that much. Why do I have to get wet in front of a bunch of people? It's not that important because we're just getting wet in front of a bunch of people, right? We could do that really easily. We could have the kids come instead of flowers. They could have super soakers and we could just fix this problem, right? If it was just about getting wet, we could easily solve that. But it's not about just getting wet in front of a crowd. It's important because this is the way that God has commanded us to declare our allegiance to him and to declare publicly that we belong to Him. This is the first command that God gives to every person who becomes a Christian and pledges to follow him.

35:28

So with that said, I can't begin to estimate how many people in a room of this size have not been baptized. I know that there are plenty in a room of this size. But even if you haven't, that doesn't mean that you shouldn't. Just because there's somebody in the room next to you who hasn't, that doesn't mean that Jesus command that God's command changes in any way. Let me read a few verses for you on this. Romans, chapter 6, verse 1. It says, what shall we say then? Are we to continue in sin so that grace may abound? By no means. How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?

36:11

We were buried therefore with him by baptism into death in order that just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. We'll jump over to Acts chapter 2. Peter in his great sermon in Pentecost in those days, Acts chapter 2, he says, Peter says to them, repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. You will receive the gift of the Holy Spirit. For the Promise is for you and for your children and for all who are far off. Everyone whom the Lord God calls to himself, repent and be baptized.

36:47

So intimately tied together in the New Testament, even Jesus's words in Matthew chapter 28 says that Jesus came and said to them, all authority in heaven on earth has been given to me. So go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit and teaching them to observe all that I've commanded you. Behold, I am with you always to the end of the age. So for us, this one's another kind of binary. Yes or no. But when it comes to being obedient to the Bible's command to be baptized, are you crushing it? Yeah, I've done that. Or no? Maybe you need some work. The next statement for us to evaluate, what does the Bible have to say about this one?

37:31

We would say I regularly participate in the life of the church by attending weekly services and by engaging in the community of RockCC. In order for you to be a healthy body, part of the body of Christ, the local church, you have to be connected to it, right? We can't be a healthy part of the body if we're not connected in some way, right? If you were to walk into a room and find a bunch of severed fingers and toes lying around, those aren't much help to a body anymore, are they? Right. If there's just fingers and toes laying all over the place that are severed and cut off from a body, they're not healthy. Well, severed members from the church's body are at risk of the same thing. At risk of withering and becoming profoundly unhealthy, dying on the vine.

38:15

Not to mention they aren't any help to the body, to the church. So we have to ask a few questions on this. Are you attending church regularly? Are you walking in love towards one another within the church? Do you bear the burdens of others that are in your church and allow others to help you with your burdens? Right. Sometimes it's easy for us to help somebody else, but when it comes to someone helping us, we get a little more nervous about that. Do you esteem others as more important than yourself? Let me give us some scripture support on this one. Acts, chapter 2.

38:49

After Peter preached that great message that we read part of just a minute ago, it says that they devoted themselves to the apostles teaching and to the fellowship, to the breaking of bread and the prayers and awe came upon every soul. Many wonders and signs were being done through the apostles and all who believed were together. They had all things in common. They were selling their possessions and belongings and distributing the proceeds to all as any had need. Day by day they were attending the temple together and breaking bread in their homes. They received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number, day by day, those who were being saved. Hebrews chapter 10 talks about the importance of us gathering together as well.

39:34

It says, let us consider how to stir one another up to love and to good works, not neglecting to meet together, as is the habit of some, but encouraging one another all the more. As you see the day, the final day, the day of the Lord drawing near, I also want to read from Ephesians chapter 4 talking about this. Ephesians 4:1, it says, I therefore, Paul, a prisoner of the Lord, urge you to walk in a manner worthy of the calling that you've been called to. With all humility and gentleness, with patience bearing with one another in love, eager to maintain the unity of the Spirit and the bonds of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call.

40:18

One Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. Now, let me give you just a little nuance here with Ephesians chapter 4 that you. It talks about. I urge you to walk in a manner worthy of the calling to which you have been called. That word you is actually a plural word in the Greek language. He's addressing the church in Ephesus. Church, you guys need to do this. In the original Greek, the word is y' all, right? Y' all walk in a manner that you should walk in. Y' all. Here's what this looks like, right?

40:59

So in church engagement, when he's talking about church, this is what it looks like for you to live with one another and to support one another and to belong to one another and to live in community. When it comes to your church engagement, are you crushing it? Are you doing okay, or do you need some work? Let's continue going. Point number five. I am growing in my relationship with Jesus Christ by regularly practicing the spiritual disciplines. The spiritual disciplines is a term that has been used for centuries to refer to the tools and the habits that God gave us to grow in our relationship with Him. It's things like reading your Bible. It's things like praying and worship and. Well, we separated it out. But being a part of a healthy church. Those are spiritual disciplines.

41:50

Some people would include other things in this list, like fasting and journaling and meditating on the word of God. There's all these tools that God has given to us. We know that God is the one who ultimately brings maturity in our spiritual life, right? That God is the one who grows us up, that it's the Holy Spirit who cleans us up and does his work in us. But there's also things that God has said, hey, here's some tools for you to use. If you use these things, you're going to grow in your faith more than if you don't. So I want to ask you the question, are you using the tools that God has given you to grow in your faith? A few Bible verses for us here as well. Psalm 119, verse 97. He says, oh, how I love your law.

42:37

It is my meditation all the day. The Word of God is constantly on his mind that he's thinking about it and considering it. Acts, chapter 17, verse 11. We talked about this last week with the Bereans, right? These Jews were more noble than those in Thessalonica because they received the Word with all eagerness and they examined the Scriptures daily to see if these things were so. 1 Corinthians, chapter 9. Talking about discipline, Paul says, do you not know that in a race all runners run, but only one receives the prize? So run in the way that you may obtain it. Run to win. Every athlete exercises self-control in all things. They do it to receive a perishable wreath. But we and imperishable. So I do not run aimlessly. I don't box as one beating the air.

43:27

But I discipline my body and I keep it under my control, lest after preaching to others, I myself should be disqualified. Ephesians, chapter 6 says, praying at all times in the Spirit, with all prayer and all supplication. To that end, keep alert with all perseverance and making supplication. Praying for all the saints. So when it comes to these disciplines that God has given us, things like reading and considering and studying your Bible, things like praying for the needs in your life and for the needs of those that are around you. When it comes to meditating on the Word of God and worshiping him and these disciplines that God has given to us, are you crushing it? Are you doing okay? Or do you need some work? Next thing for us to consider. I would say that a healthy Christian could say this.

44:20

It's a I steward my resources by giving my tithes and offerings in a joyful, sacrificial and voluntary spirit. Now, I know that this one gets people knotted up sometimes, right? You turn on the tv, you see a preacher, they're asking for money. And all of us go, uh oh. Listen to me closely. Listen closely when I say this. God does not need your money. When a church asks for your money, when God says, I expect you to give. And God's word says it so clearly, God doesn't need your money. Psalm 24:1. The earth is the Lord's and the fullness thereof, the world and those who dwell therein. If everything belongs to God, he doesn't need your little

tiny portion of it. Psalm chapter 50, verse 10. It says, for every beast of the forest is mine, the cattle on a thousand hills are mine.

45:14

Down in verse 12 of Psalm 50, he says, if I were hungry, I wouldn't tell you, for the world and its fullness are mine. God has no use for your money. But God does say he expects you to give not because he needs your money, but because he wants your heart. God knows that your money and your heart are intimately connected to one another. That's why God asks us to regularly and to cheerfully give to his church. Because where we place our money right, our affections are inextricably tied to that. If you look at the places where your money goes, I'll tell you the things that are important in your life. Proverbs, chapter 3, verses 9 and 10. God says, honor the Lord with your wealth, with the first fruits of all of your produce.

46:03

Then your barns will be filled with plenty and your vats will be bursting with wine. 2 Corinthians, chapter 9, verses 6 through 11. It says, the point is this, whoever sows sparingly will also reap sparingly. But whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly, not under compulsion. For God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. For as it is written, he is distributed freely. He is given to the poor. His righteousness endures forever. He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.

46:54

You will be enriched in every way, to be generous in every way, which through us will produce thanksgiving to God. You can't out give God Acts, chapter 2, verses 44 and 45. We just read these verses a minute ago. It was talking about the early church. It says that all who believed were together and they had all things in common. They were selling their possessions and their belongings and distributing the proceeds to all as any had need. Their things were not things for them to hold tightly to. They were things for them to hold loosely to say, God, whatever it is that you want to give me, I'm thankful for it. And God, whatever it is that you need, I'm willing to give it.

47:32

Do you hold your possessions with the same attitude or do you say, no, I worked hard for this, it's mine, right? In your giving, are you crushing it? Are you doing okay? Or do you need some improvement? Next thing for us to consider, a healthy Christian can say, I use my spiritual gifts and abilities to serve my fellow members at the church at RockCC. Now, I'm not quite sure when this consumer Christianity thing that we see so often around us, when it really showed up and started to take root, but the version of church that a lot of people in Orange county, California in 2025, when they think of the word church, that consumer Christianity thing, it's not in the Bible. It's not a biblical picture.

48:23

Many of the churches around us now, I'm not saying all, please don't send me emails saying, well, you know, this church is actually, I know there are some good ones, but a lot of churches that are around us have this kind of a services rendered mindset, right? The church provides some sort of benefit, tangible benefit to the people. And so people come and they sit and they receive the benefit. And usually they'll drop enough money in the

basket to kind of keep the show going next week, whatever it is. You know, when I hear that, though, that sounds more like an arrangement to me with the Dodgers or the Rams than it does with the church that we see in the New Testament, right?

49:02

You just provide me a show, I'll enjoy it for a little while and then I'll come back next week and I'll drop a few more bucks in the bucket for you to continue to provide this service to me. But church, as the Bible describes it, is entirely different from that. Church, as the Bible describes it, is an organism. It's something that people take ownership of, that people become a part of. That means that this isn't something that you passively watch or attend. This is the church is something that you belong to. And that, by the way, belongs to you as well, right? There's ownership that exists inside of a healthy church. And a healthy church relationship between you and a church. Ownership gives a different picture, right?

49:49

If you go into your gym and you walk into the locker room and you notice that something's leaking or there's an issue over here or whatever it is, maybe you might tell somebody about it, right? Hey, just so you guys know, there's a leaky pipe over there, you might want to fix it. You have no investment in whether they do or don't fix it, right? Worst case scenario, it becomes a problem and you go become a member at a different gym or you go to a different location or whatever it might be. You don't care if the problem is remedied or not. You certainly don't feel any sort of obligation to go in to fix it yourself. I can't imagine anybody in the room would show up tomorrow with a pipe wrench to go in to fix the leak.

50:25

But if you own your home. Now that starts to change, right? Now if you notice a leak in your house, you would be a fool if you didn't go and deal with it. If you just walk by somebody, be like, hey, just so you know, there's a leak in my house, okay? That doesn't make a whole lot of sense, right? It's your house, you're supposed to do something about it. If you don't do something about it, you're an idiot because you're going to rot your investment, right? You're going to have mold, you're going to have floors that need to be torn out. You're going to have a bigger problem because you didn't deal with the problem. It's your house. You've taken ownership of that place and you've taken ownership of what happens to it.

51:08

When you become a healthy part of a body, you become a healthy part of a church. You bring your skills and you bring your abilities and you take ownership of that body. The body needs what you have to offer. The analogy from 1 Corinthians, chapter 12. We've talked about it several times already in this series. It talks about a human body with individual members, right? Each part has a different skill, a different responsibility to serve the body, right? The eyes can't just show up with the body and say, hey guys, I'm just here to be carried around. I'm going to, I'm going to close. I'm not going to do anything that benefits anybody else. I just want you to carry me around. I'm just, I'm just here for the show.

51:52

If the eyes did that in a body, you're going to have a problem, right? Eventually you're going to. You're going to stub your toe. You're going to be. It's like walking around in the dark, right? Anybody ever tried to walk through a dark room and realized that your furniture wasn't exactly where you thought it was? Maybe it's just that. Maybe it's just a stubbed toe. Maybe it's worse, right? Maybe if your eyes aren't doing their job, maybe you walk out into traffic,

maybe something serious happens. If the eyes don't play their part, a body is at risk of becoming profoundly unhealthy. Every member of a church has to play their role, has to do what God has given them the ability and the responsibility to do. We don't get to just be carried around and just be passive onlookers.

52:44

Or if you're the eyes that aren't doing their job, I guess not lookers. I don't know what that is. But this isn't to suggest that everybody has the same job to do. In fact, it's the exact opposite, right? 1 Corinthians, chapter 12 talks about how individual parts of the body. We have different skills, we have different abilities, we have different roles to play. So this isn't just about finding 200 people that can all come do a job, and we want all of you to do the exact same thing. This is the exact opposite of that. There are many roles in a church that aren't made for you, and you're not made for them, and that's totally okay. Maybe you can't sing, right? We don't want you to be a part of the worship team. Maybe you can't cook.

53:29

Please don't sign up for kitchen duty, right? Maybe kids aren't your thing. Okay, that's okay too, right? There are other things that you can. And by the way, that the body needs you to be doing in the part of the church. The church needs every single individual doing their thing to bless the church body in their way. Without every single body part playing its role, the body is going to have deficiencies, and that body is going to fail to be fully healthy. So we think about serving in the body. I've got a couple of Bible verses for this one as well. I told you I wasn't going to preach. And well, we saw how that went. But 1 Corinthians, chapter 12, 14, 16, it says, for the body does not consist of one member, but of many.

54:17

The foot should say, because I'm not a hand, I do not belong to the body, then would that make it any less a part of the body? And if the ear should say, because I'm not an eye, I do not belong to the body, that would not make it any less a part of the body. Skip down to verse 21. It says, the eye cannot say to the hand, I have no need of you. Nor again the head to the feet, I have no need of you. We're going to come back and talk about 1 Corinthians a little more in the next couple of weeks. 1 Peter chapter 4. Above all, keep loving one another earnestly.

54:51

Since love covers a multitude of sins, show hospitality to one another without grumbling, and as each has received a gift, use it to serve one another as good stewards of God's varied grace. Galatians chapter 6 says, so then as we have opportunity, let us do good to everyone and especially to those who are of the household of faith. So when it comes to your serving and giving of yourself to the body, are you crushing it? Are you doing okay or do you need some work? Number 8 Healthy Christian can say, by God's grace, I strive to walk in holiness in all areas of my life. This one seems relatively self-explanatory. Are you winning the fight against temptation in your life? Do you keep fighting for your holiness?

55:41

Or when temptation comes, do you simply go, I give up and you just give in to whatever the temptation is? Some Bible verses on this one as well. Romans chapter 8 says, if you live according to the flesh, you will die. But if by the Spirit you put to death the deeds of the body, you will live. Colossians chapter 3 says, put to death therefore what is earthly in you? Sexual immorality, impurity, passion, evil desire, covetousness, which is idolatry. 1 John chapter 1.

It says, if we have fellowship with him while we walk in darkness, we lie and we do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another and the blood of Jesus His Son, cleanses us from all sin.

56:28

If we say we have no sin, we deceive ourselves and the truth is not in us. But if we confess our sins, he is faithful and just to forgive us of our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar and his word is not in us. 1 Peter, chapter 1. Therefore, preparing your minds for action and being sober minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ as obedient children. Do not be conformed to the passions of your former ignorance. But as he who called you is holy, you also be holy in all your conduct. Since it is written, you shall be holy. For I am holy.

57:08

So in your fight against sin and your fight for holiness in your own life, your fight against temptation, are you crushing it? Are you doing okay, or do you need some work? The last statement that I've got for us today, the healthy Christian can say, I submit to the Lord and to his plan for accountability and discipline. Now, this one's a little uncomfortable for us, but this one is also profoundly necessary for us. On the off chance, right, just an off chance that anybody in the room said they weren't crushing it. On the last point, anybody that has ever given into temptation, if there's any of us in the room, that means this one is important for us. Because if we're all perfect, we don't need this one. But I'm here, so I ruined it anyway.

57:52

So the whole everybody is perfect thing is out the window, right? Since we're not perfect, it means that there are going to be times when we need to be corrected. The Bible tells us that God gave us one another, that this was God's gift, that he gave us to one another so that we would have the responsibility to look out for one another, to care for one another, to be the one to help a brother or a sister up when they get off track. When someone has a blind spot and goes off the rails, it is up to us. Not me, not Mike, not just Dave, or just the elders or just the deacons.

58:30

It is up to us, all of us, for us to come alongside of them, for us to put our arm around them and say, hey, I see this in your life and I'm worried about you. We have the responsibility to correct them, but that also means that we have the responsibility to give that right to one another in our own lives as well. I don't know if you're the person that it's easier for you to walk up to somebody else and say, hey, you know, you're messing up here, so you should probably fix this in your life. Maybe it's easier for you to point it out in somebody else, or maybe that just terrifies you, but you're like, well, I can be accountable to somebody else. No, no. Both of these things are a part of a healthy church.

59:10

Both of these things show up in the life of a healthy believer. I have to give you the right to. To come into my life and say, hey, I see this in you and I'm worried about you. I think God's word would encourage you to stop doing that thing or to start doing this thing or whatever it might be. But I also have to have the spine and to trust God that when God says no, when you see that in somebody else, you need to go and have that hard conversation with them. You need to go and take your responsibility seriously, to walk in love with your brother and

sister and to show them when they don't see it themselves. This one's hard, but Bible has plenty to say about this one as well. Let me read a few Bible verses. Galatians, chapter 6.

59:52

It says, brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. But keep watch on yourself, lest you too would be tempted. Bear one another's burdens and so fulfill the law of Christ. For if anyone thinks he is something, when he's nothing, he deceives himself. Matthew chapter 18 talks about this as well. It says, if your brother sins against you, go and tell him his fault between you and him alone. And if he listens to you've gained your brother. But if he does not listen, take one or two others along with you. That every charge may be established by the evidence of two or three witnesses. And if he refuses to listen to them, tell it to the church.

01:00:32

And if he refuses to listen even to the church, let him be to you as a Gentile and attacks collector. Ephesians, chapter 5 talks about this as well. It says, take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible. For anything that becomes visible is light. Therefore it says, awake, O sleeper. Arise from the dead, and Christ will shine on you. Look carefully then at how you walk. Not as unwise, but as wise. Making the best use of the time, because the days are evil.

01:01:10

Therefore do not be foolish, but understand what the will of the Lord is when it comes to us being accountable to one another and for us, holding others accountable to what God's word says. How are you doing? Are you crushing it? Are you doing okay? Or do you need some work? That's it, right? That was an easy morning. Aren't you glad you came to church this morning? How's everybody feeling? We doing okay? Anybody get 100% on their test? Put your Hand down. None of us got 100% on our test. Right. And if you did, I need you to see me after class. Right. Because we got some problems there. Right. This wasn't an exhaustive view of what God's word says to Christians, but we did try to be a little bit thorough.

01:01:58

I wanted to give us a glimpse today of where we have some work to do. Today should motivate us to come back over the next two weeks and to simply take the steps and for us to look for help in building a plan. How do we do this? All right, we've got some work to do. All right. You didn't hit the required quota of push-ups or pull ups or running or whatever in your presidential fitness test. You've got some work to do. Good. Now we can come back and we can develop a plan and we can strive towards health together. I wanted to give us a glimpse of where we need to do some work and today should motivate us. We're going to strive to get healthier together. We can do this together. God gave us to one another.

01:02:44

Because you know what, can I just every, I want every eye for just a second, everybody looking at me. God knew that you were gonna miss in a few of these areas. Do you realize that? The reason why we're here, the reason why Christianity exists, is because God understood you were not perfect. I am not perfect. None of us are perfect. That's the reason why we needed a savior. So anybody that's sitting here today and going, please stop asking

these questions. Stop it. That's not what today was for. Because Jesus knows that there's not a perfect person in this room. There's none of us that is absolutely perfect at this. And if you were, you wouldn't need a savior. And maybe you've placed your faith in him. Right? You got question number one, right.

01:03:36

You had a perfect score going up to that point. I know Jesus. I have a personal relationship with him. Well, you know what? If you've been a Christian for more than about three minutes, you've realized that even after you become a Christian, you're still not perfect. We still have work to do. We still have things that we have to continue, continue striving to get better. And that fight never stops until we leave this earth, until this life is over. We continue pushing. We continue fighting. But it is a fight until the day we die. So our goal is to strive to get healthy together. Let me read one more verse for. Well, it's two verses, but one more passage for you. And then we're gonna wrap this up. Philippians Chapter 3.

01:04:19

Paul says, brothers, I do not consider that I have made it my own. But one thing I do, forgetting what lies behind and straining forward toward what lies ahead, I press on toward the goal for the prize of the upward call of God, Christ Jesus. Today is not about looking back and saying, you know, I guess I'm not that good at this after all, huh? Today's not about looking back and beating yourself up. Today is about doing what Paul's talking about here in Philippians Chapter 3. And he says, forgetting what lies behind and pressing forward towards what lies ahead. Work hard, do your best. Give God everything you've got, and let's get healthy together. Let the Holy Spirit convict you and challenge you this week, but don't let the enemy crush you this week.

01:05:10

Don't let the enemy use today to condemn you and to break you, to tell you, see, you don't even. You're just a fake. See, you're not even that good at it. If the church knew what you were like, they wouldn't want you. Don't let the enemy whisper those lies into your ear this week. Don't let those thoughts creep into the back of your head to say, see, you just can't fit in. See, you're just not good enough. Those are lies that I need you to don't listen. Put those away this week. Tell Satan, go away. Right? Flick that little demon off of that shoulder and just let the Holy Spirit say, no, no, no, you're not perfect. Nobody ever said you were perfect. But God's Holy Spirit is able to work in you. God has a plan.

01:05:58

God knew that none of us was going to score 100 today in a conversation like this, but that's why we're here, because we needed a savior, and God was the one that was going to come in and save us and clean us up. He has the plan for how we push forward, to help us grow, to help us get better in these different things. So like every good tease before the commercial break, come back in the next two weeks, and we're going to tell you about how we're going to do that. Right? Keep your head up. Come back next week. We're going to get to work together. Our prayer team is going to be down here after the service is over.

01:06:36

They would love to pray with you about whatever it is that's going on in your life, whatever it is that God's been just poking you in the forehead today saying, hey, Our prayer team will be here. We've got our prayer wall out the back doors to the right if you want to leave your prayer requests there. But as the worship team comes, would you pray with me now? God,

we thank you for your word. We thank you for the privilege of being able to, God, to take an honest look at ourselves. God, I know this week, as I was sitting writing all of this wasn't an easy week for me either.

01:07:10

But God, we are a bunch of sinners in desperate need of a savior, in desperate need of your Holy Spirit to step in and to work in our lives to help create more and more in us the image of who you want us to be. God, we are in desperate need of your help. And God, I can't spoil too much of the rest of the series. God, you have a plan for what that looks like. God, you have given us to one another. And God, we have a responsibility to grow in holiness, to grow in our pursuit of you together. And so, God, we pray that over the next few weeks, God, that you would teach us to walk in unity, that we would live in the bonds of unity that Ephesians chapter 4 talks about.

01:07:52

God, that we would pursue you together, that we would realize that we're not doing this alone and that a healthy body is dependent on healthy body parts around us to function, to be healthy. God, we pray that you would teach us what it looks like to be a healthy church and what it looks like for me to be an individual, healthy part of that body for each one of us in this room to be an individually healthy part. What's going to become a healthy body? God, we pray that you would work in us and that you would work through us. And we thank you in faith. Knowing that you're going to do what you say you're going to do. God, we love you. We thank you for loving us. It's in Jesus name we pray. Amen.