

STAMINA

SPIRITUAL HEALTH FOR THE LONG HAUL

Part 2: Your Next Spiritual Step | January 9 & 10 , 2016
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Our Vision

To become a healthy, sending, church movement that carries the hope of Jesus to individuals, communities and nations.

Our 7 Year Dream: #double1000twenty

- Double our impact in Whatcom County (*healthy goal*)
- Send 1000 people in kingdom ministry (*sending goal*)
- Launch 20 more churches (*movement goal*)

What God wants from us and for us:

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. – *1 Thessalonians 5:23*

Sanctification

God, who has begun a good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. – *Philippians 1:6*

Sanctification includes restoration, healing and transformation.

Since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God... – *Colossians 1:9-10*

Another term for this type of living: being a disciple.

“All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

– *Matthew 28:18-20*

What did Jesus command?

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – *Mark 12:29-31*

The pinnacle of following God is love

Why two answers?

Jesus sees loving God and loving others as inseparable.

Next Steps

1. Take the Spiritual Health Self Assessment
2. Match your results to a next step in CTK Life

Sample Questions:

1 = Not very true 2 = Sometimes true 3 = Often true 4 = Very true

- ___ 1. When I'm in pain, I move toward God instead of pulling away from him. (*Authenticity*)
- ___ 2. When I'm facing a major life decision, I look to the Bible for guidance. (*Biblical Understanding*)
- ___ 3. I am an active participant in face-to-face community with other believers where I can be spiritually cared for and care for others. (*Devotion*)
- ___ 4. I believe my time belongs to God and I look for ways to make it count for his purposes. (*Integration*)

Areas of Spiritual Health (on screen)

1. **Authenticity:** Learning to be real with God, yourself, and others
2. **Biblical Understanding:** growing in your knowledge and acceptance of biblical truth
3. **Devotion:** building a living relationship with God through spiritual disciplines and practices
4. **Integration:** aligning every area of your life with your understanding and beliefs about God

Stages of Development

S Sit

C Crawl

W Walk

R Run