



CrossRoads Notes:

Turn your Bibles to Acts 2:42

Title: Spiritual Health Checks

Theme: Four Signs of a Healthy Christian

Introduction: *Rick Warren wrote, "The key for churches in the 21st Century will be church health, not growth." When a congregation is healthy it will grow spiritually and enjoy the benefits of a live, vibrant relationship with Jesus Christ.*

Interrogative Sentence: *What are four signs that the child of God lives a life that is nourished by the Word of God and illuminated by the Holy Spirit?*

Acts 2:42, "They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer."

Let us Pray!

Proposition: *I would propose to you that a healthy church begins with a consuming passion for the Lord Jesus Christ. The early church at Pentecost received the Word gladly, continued steadfastly, enjoyed Christian fellowship and was a praying church. These are the life expressions of a Holy Spirit led child of God.*

Transitional Sentence: *It must be noted that today's text does not hold the complete list to everything a born again Christian does. However, they are the seeds that determine how much spiritual life is birth forth in all the other activities the child of God applies himself to.*

Devoted (*proskarteroutes*) means to continue, persevere, stick to and persist.

Albert Barnes wrote, "One of the evidences of conversion is a desire to be instructed in the doctrines and duties of [Christianity] and a willingness to attend the preaching and teaching of [God's Word]. Christians are hungry for Holy Spirit inspired teachings and they will make time to be exposed to it."

Christians who are devoted to the teaching of the Word of God are like the Bereans that you read about in Acts 17:11.

"More noble minded," (*eguenes*) meaning to be generous in giving attention.

Dr. J. Vernon McGee:

I have discovered that Christians and ministries that become the most beneficial to me are those who are daily, prayerful readers and studiers of the Word of God. They have withstood the test of time and they grow spiritually in the test of trials.

The Berean's "...received the message with great eagerness..." (*prothumia*) The King James Bible says, "readiness of mind," meaning to listen attentively and respectfully..." They were willing to hear it, they could comprehend it and they had hearts hungry to know God's will for them.
(Ecclesiastes 5:1)

There are some real questions that need to be answered as the Holy Spirit brings you through the first spiritual health check today. Can those who see your life say, "There goes a Berean? There goes a man or woman of God that has high regard for the truth and one who lives out a life of devotion to the Lord."

Transitional Sentence: *Another sign of a healthy Christian is fellowship with other Christians. "Fellowship" (koinonia) means to share in something which involves participation. Mel Lawrenz gives this definition, "It has various translations such as "fellowship," "participation," "sharing," "partnership," and "communion." The practical application is sharing material goods, sharing ministry, and being partners in the gospel, all these are rooted in the spiritual reality of a connection between believers that is based on their connection to Christ.*

Sunday School Times: Christians bearing each others burdens

A healthy Christian has true fellowship because he shares Spiritual experiences with other soldiers of Christ. This builds faith and trust. Through their Christian service they have shared material possessions together. (Acts 2:45) They worship together. (Act 2:46-47) The church is not to become a social club where people are just nice to one another.

Burning Coals:
(Ecclesiastes 4:9-12)
(Proverbs 27:17)

Vance Havner pointed out – Snowflakes

Transitional Sentence: *A healthy Christian will have fellowship with his Christian family and with the body of Christ. He also observes the "breaking of bread."*
(Psalm 77:11-12)
(1 Corinthians 11:28)
(1 Corinthians 2:2)

Transitional Sentence: *A healthy Christian partakes regularly in the Lord's Supper and devotes Himself to prayer.*

Without the power of God there can be no lasting work done for Christ. A healthy Christian knows that if the church is too busy to pray there will be a great amount of activity with little accomplished, many services but few conversions, many programs with little life changing results.

(Romans 15:30)

Watchman Nee wrote: “Our prayers lay the track down on which God’s power can come. Like a mighty locomotive, his power is irresistible, but it cannot reach us without rails.”

Prayer is like art or music. It can only be enjoyed by and through those who have disciplined themselves to actually spend time in prayer. An artist or musicians cannot fully reach his full potential unless he learns about and spends time developing his gift. Most everyone enjoys the benefits of looking upon art work that has had much time and hard work put into it. All mature adults appreciate the benefits of listening to a musician that has put a great deal of time and energy into their music. So it is with prayer. It is those who spend time in prayer individually, corporately and continually who bless those for whom they have been praying.

Corrie Ten Boon expressed the life of being a vibrant Christian and she ask, “Is prayer a steering wheel or your spare tire?”

The Bible says
 (Colossians 4:2)
 (Romans 12:12)
 (Ephesians 6:18)
 (James 5:16b)

What does it mean to be devoted to prayer? If it means anything else it means to be regular and often in prayer. It means to have a lifestyle that prayer is an integral part of. When I say that he is a devoted father or she is a devoted student what do we mean? It means that you can expect that the man that is ahead of his family is going to get done what ever needs to be done, that is in his power to accomplish to be a father to his kids. It means a devoted student is going to get done what needs to be done in order to be seen as a student that is worth investing time and money on.

A healthy Christian’s life is not limited to prayer, but is devoted to prayer. Saying that someone is devoted to their family does not mean that family is all they have or all they do. It does mean that their life, their habits, their attitudes gives evidences to a life devoted to their family. They provide a home, they are together at important family gatherings and support one another in family tragedies. A praying Christian may be busy with life situations, but as the Holy Spirit moves him, he takes a moment to pray, he makes time to pray in one accord with other believers for important church issues and he his most certainly seeks the Lord’ grace, peace and comfort in times of tragedy.

Christian Index: General Stonewall Jackson

A healthy Christian prays regularly, faithfully and wholeheartedly. But when his church is about to go out on another expedition for the Lord he arranges extra time to be in prayer.

For a heart check, do people expect to see you in prayer? What do you fast from to spend more time in prayer as the Lord leads the leadership of your church out in expeditions? Can those who are closest to you see that you are about to go out with the Lord to do His work by the time you spend in prayer?

In Closing: Today's text is recorded history of when the Holy Spirit was doing a work in the lives of those who have surrendered their hearts over to Jesus Christ. The same Holy Spirit is at work today in lives of those who understand that Jesus is much more than just Savior, He is Lord. Where there is a surrendered heart to the Lordship of Christ there are healthy Christians exhibiting these four signs. A life devoted to the teachings of God's Word, Christian fellowship, observance to Communion and Prayer.

Let us Pray!