



Sunday, March 7, 2021

Sermon Title: *A Healthy Body*

Text: Ephesians 4:13-16

Pastor Perry Kallis

Big Idea: To effectively make an eternal impact for Christ in this world, I must be spiritually healthy.

Five vital signs of spiritual health in a believer and a church body:

- 1) A healthy believer or church body **recognizes Christ**.
(Ephesians 4:13 / Philippians 3:8)
- 2) A healthy believer or church body **values truth**.
(Ephesians 4:14 / John 14:6 / Acts 20:29-30)
- 3) A healthy believer or church body balances **truth** with **love**. (Ephesians 4:15a)
- 4) A healthy believer or church body **resembles Christ**.
(Ephesians 4:15b / Philippians 3:12).
- 5) A healthy believer or church body moves forward in **mission**.
(Ephesians 4:16 / 1 John 4:19)

Building a life, a marriage or a church in love means we discover sacrificial serving to be a **blessing**, not a **burden**.

Study/Application Questions and Actions:

- 1) List some practical examples of recognizing Christ in the midst of distracting circumstances in your life?
- 2) How can we discern between areas where there is room for tolerance of doctrinal difference versus areas where we must not compromise at all?
- 3) What could be some Biblical ways to share truth in love when the truth might be difficult for someone to hear? Are there some Biblical examples?
- 4) What are some ways we can measure ourselves to Christ in our daily lives?
- 5) Based on Christ's example, how might you show unconditional love in building up the church?

SERMON NOTES



What I learned

Today's Bible Verse

