



Spiritual Health – Is My Love For God’s Word Increasing?

January 15, 2023

Word — A healthy Christian knows God through the applied word of God under the direction and empowerment of the Holy Spirit.

Worship — A healthy Christian manifests a lifestyle of worship and prayer based on close daily communion with God.

Warmth — A healthy Christian engages in meaningful life-on-life relationships that reflect the love of God and leave people impacted and changed.

Witness — A healthy Christian lives under the commission of Christ to win and grow disciples, integrating outreach into all aspects of life.

Works — A healthy Christian builds up the body of Christ through their spiritual gifts and passions.

Wisdom — A healthy Christian manages their skills, money, and time putting them under the Lordship of Jesus.

What Does A Healthy Christian Look Like?



Why is Bible study essential for spiritual health?

But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' " Matthew 4:4 (ESV)

1. Bible study is essential to know the truth in a world of lies and deception.

Sanctify them in the truth; your word is truth. John 17:17 (ESV)

The sum of your word is truth,... Psalm 119:160 (ESV)

...this you have heard before in the word of the truth, the gospel Colossians 1:5 (ESV)

2. Bible study is essential for spiritual growth.

Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— 1 Peter 2:2 (ESV)

Your words were found, and I ate them, and your words became to me a joy and the delight of my heart,... Jeremiah 15:16 (ESV)

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. Colossians 2:6–7 (ESV)

And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. Acts 20:32 (ESV)

3. Bible study is essential for victory over sin.

I have stored up your word in my heart, that I might not sin against you. Psalm 119:11 (ESV)

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness... Matthew 6:22–23 (ESV)

...I write to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one. 1 John 2:14 (ESV)

4. Bible study is essential to serve God effectively.

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8 (ESV)

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. 1 Timothy 4:6 (ESV)

5. Bible study is essential for happiness.

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. Psalm 1:1–2 (ESV)

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. Psalm 19:7–9 (ESV)

6. Bible study is essential to be a good counselor.

As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. Genesis 50:20 (ESV)

...who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:4 (ESV)

7. Bible study is essential for the conviction of sin.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. 2 Timothy 3:16–17 (ESV)

8. Bible study is loved by genuine Christians.

...for I find my delight in your commandments, which I love. Psalm 119:47 (ESV)

I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes. Psalm 119:48 (ESV)

Therefore I love your commandments above gold, above fine gold. Psalm 119:127 (ESV)

...and with all wicked deception for those who are perishing, because they refused to love the truth and so be saved. 2 Thessalonians 2:10 (ESV)

How Do I Get The Bible Into My Life?

1. Schedule time for the Bible.
2. Make a plan to read the Bible.
3. Read the Bible repetitiously.
4. Study Bible topics.
5. Memorize the Bible.
6. Teach the Bible.

What is the next step I need to take to get more of the Bible in my life?

Life Group Questions

1. Review the message on your sermon handout. What did you learn that was new? What parts were helpful reviews?
2. What is your plan to read the Bible? How did this message challenge you to take your Bible reading further?
3. Review the self-evaluation form at the end of the message. Where are you on the form? What will it take to move to the next level?
4. Point 3 in the message reminds us that God uses the Bible verses we learn to give us victory over sin. What Bible verses has God used to give you victory over troubling sins? **Read Matthew 4:1-11** for an example of how Jesus used Bible verses that he learned to help in his battles with temptation.
5. Point 5 of the message reminds us that Bible reading brings happiness. How has the Bible brought happiness to your life?
6. **Read Psalms 119:28, 92, and 71** to see how God uses his word to carry us through times of distress. How has God used the Bible to help you when you were stressed and overwhelmed?
7. What is the biggest obstacle keeping you from making Bible reading (and study) a regular part of your life?
8. When you read the Bible, what have you found most discouraging? Have the group discuss ideas to help.
9. Pastor Kurt shared about his Iron Man group. This is a small group of men who hold one another accountable to memorize a verse of their choosing every week. Do you have a plan to help you memorize the Bible? Do you need to start an Iron Man (or Iron Woman) group to help hold you accountable? If so, make plans for it to happen. Let Pastor Kurt know if you are taking that step.
10. **Read Matthew 7:24-29**. What was the difference between the man who built his house on the rock and the man who built his house on the sand? What does this teach us that we must do after Bible study?