

# Healthy Spiritual Life in the Body of Christ

## **HEART – Faith**

Being united with fellow believers in the one true faith, drawn from God's own word in the Bible, with confident trust in God for salvation through Jesus (John 3:16, Matt 22:37-38)

## **LUNGS – Worship**

Regularly gathering with fellow believers to breathe in God's word of grace and truth, and breathe out confession, thanksgiving and praise (Acts 2:42, Col. 3:16)

## **STOMACH – Holy Communion**

Regularly being fed the body and blood of Jesus given for the forgiveness of sins which renews and strengthens life (1 Cor. 11:23-25)

## **ARMS – Fellowship**

Reaching out to welcome, encourage, comfort and celebrate with others in supportive personal and small group relationships (Heb. 10:24-25, 1 Thess. 5:14-15)

## **HANDS – Service**

Working to help those in need, to show care for fellow believers, and to maintain and improve the property of the church (1 Cor. 11:5-7)

## **KNEES – Prayer**

Continually talking with God, offering confession and praise, and interceding for all people according to their needs (1 Thess. 5:16-18, 1 Tim. 2:1)



## **EARS – Group Bible Study**

Regularly gathering with fellow believers to grow together in understanding and applying God's word (Col. 3:16)

## **EYES – Personal Devotions**

Regularly reading or hearing the Bible and learning it by heart, along with other gospel focused reading material (John 15:7, 1 Pet. 2:2-3)

## **SHOULDERS – Leadership**

Participating in decisions in the church by being informed, discussing ideas and helping to guide others when given the opportunity (Rom. 12:4-8)

## **BACKBONE – Moral Relationships**

Loving God above all and others as oneself with respect, compassion and purity in thought, word and deed (Matt. 22:37-39, Luke 11:28)

## **HIP POCKET - Giving**

Periodically returning to God a generous percentage of income, to support Christian ministries, as a primary part of managing his material gifts (1 Cor. 16:1-2; 2 Cor. 8:7, 11-12; 9:7, 11-12)

## **FEET – Evangelism**

Speaking to others at every opportunity about how the good news of the gospel makes a difference for us and for them (Acts 1:8; 1 Pet. 3:15-16)