

Pulse (Heartbeat)

THE VITALS OF A DISCIPLE

How can I evaluate my spiritual health?

What vital stats should I monitor, and how do they affect my spiritual health and growth?

Over the next several weeks, we will cover:

- Pulse (Heartbeat): _____
- Pain: _____
- Body Temperature: _____
- Circulation (Blood Pressure): _____
- Breath (Respiration): _____
- Endurance (Oxygen Saturation): _____
- Vision: _____

1 Timothy 4:16 Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you. (NLT)



Doctor Will _____

Pulse (Heartbeat):

What is my spiritual pulse? _____

How can we evaluate these vitals?

S _____

O _____

A _____

P _____

S _____

Do I have an _____ desire to spend time with God?

- How much time do I spend with God?
- Has that time increased over the last year?

Do I have a _____ for deeper truths found in the Bible?

- Am I searching to know God more?
- Am I seeking wisdom and learning spiritual principles?

Do I have a _____ to learn and teach others?

- Am I actively seeking to grow in my faith?
- Am I helping others grow in their faith?

Do I see a _____ in grace and forgiveness?

- Am I holding onto resentment, grudges, and anger?
- Am I living in peace, love, and with hope?

Do I have a _____ to obey God's commands?

- Am I submitting to God's direction?
- Am I becoming more obedient to God's Word?

Do I see _____ of spiritual growth?

- Am I seeing fruit in my life?
- Do others close to me see fruit in my life?

James 1:21 So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. **22** But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **23** For if you listen to the word and don't obey, it is like glancing at your face in a mirror. **24** You see yourself, walk away, and forget what you look like. **25** But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. **26** If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. (NLT)

1 John 2:3 And we can be sure that we know him if we obey his commandments. **4** If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. **5** But those who obey God's word truly show how completely they love him. That is how we know we are living in him. **6** Those who say they live in God should live their lives as Jesus did. (NLT)

O _____

_____ **Benefits**

_____ **Benefits**

- Who
- What
- Where
- When
- Why
- How

Romans 10:9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. **10** For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. **11** As the Scriptures tell us, "Anyone who trusts in him will never be disgraced." **12** Jew and Gentile are the same in this respect. They have the same Lord, who gives generously to all who call on him. **13** For "Everyone who calls on the name of the Lord will be saved." (NLT)

_____ **Statistics**

A _____

_____ **Signs**

Hebrews 4:12 For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. **13** Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable. (NLT)

_____ **Signs**

Galatians 5:19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. **22** But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things! **24** Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. **25** Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. **26** Let us not become conceited, or provoke one another, or be jealous of one another. *(NLT)*

_____ **Signs**

Matthew 7:24 "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. **25** Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. **26** But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. **27** When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash." *(NLT)*

P _____

_____ **Plan**

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2 Timothy 3:16 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. **17** God uses it to prepare and equip his people to do every good work. *(NLT)*

Matthew 4:4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" *(NLT)*

Ephesians 2:1 Once you were dead because of your disobedience and your many sins. **2** You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. **3** All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. **4** But God is so rich in mercy, and he loved us so much, **5** that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) **6** For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. **7** So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus. **8** God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. **9** Salvation is not a reward for the good things we have done, so none of us can boast about it. **10** For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. *(NLT)*

_____ **Plan**

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Joshua 1:8 Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. **9** This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” (NLT)

Psalms 119:9 How can a young person stay pure? By obeying your word. **10** I have tried hard to find you—don’t let me wander from your commands. **11** I have hidden your word in my heart, that I might not sin against you. (NLT)

Deuteronomy 11:18 “So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. **19** Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. **20** Write them on the doorposts of your house and on your gates, **21** so that as long as the sky remains above the earth, you and your children may flourish in the land the Lord swore to give your ancestors. **22** “Be careful to obey all these commands I am giving you. Show love to the Lord your God by walking in his ways and holding tightly to him. (NLT)

Plan

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The Bible is not merely a book to _____.
 It is a book for _____ so that it can be
 _____ to our daily lives.

