

# Blood Pressure

## THE VITALS OF A DISCIPLE

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** \_\_\_\_\_

**Blood Pressure:**

What is my spiritual blood pressure? \_\_\_\_\_

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?

**O** \_\_\_\_\_

**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)

\_\_\_\_\_ **Signs**

\_\_\_\_\_ **Signs**

**Galatians 5:13** For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. **14** For the whole law can be summed up in this one command: "Love your neighbor as yourself." **15** But if you are always biting and devouring one another, watch out! Beware of destroying one another. (NLT)

**Matthew 25:31** "But when the Son of Man comes in his glory, and all the angels with him, then he will sit upon his glorious throne. **32** All the nations will be gathered in his presence, and he will separate the people as a shepherd separates the sheep

from the goats. **33** He will place the sheep at his right hand and the goats at his left. **34** "Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. **35** For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. **36** I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' **37** "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? **38** Or a stranger and show you hospitality? Or naked and give you clothing? **39** When did we ever see you sick or in prison and visit you?' **40** "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!' **41** "Then the King will turn to those on the left and say, 'Away with you, you cursed ones, into the eternal fire prepared for the devil and his demons. **42** For I was hungry, and you didn't feed me. I was thirsty, and you didn't give me a drink. **43** I was a stranger, and you didn't invite me into your home. I was naked, and you didn't give me clothing. I was sick and in prison, and you didn't visit me.' **44** "Then they will reply, 'Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?' **45** "And he will answer, 'I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.' **46** "And they will go away into eternal punishment, but the righteous will go into eternal life." (NLT)

**A** \_\_\_\_\_

**1 Timothy 5:8** But those who won't care for their relatives, especially those in their own household, have denied the true faith. Such people are worse than unbelievers. (NLT)

**Serve My** \_\_\_\_\_

**Philippians 2:4** Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? **2** Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. **3** Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. **4** Don't look out only for your own interests, but take an interest in others, too. **5** You must have the same attitude that Christ Jesus had. **6** Though he was God, he did not think of equality with God as something to cling to. **7** Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, **8** he humbled himself in obedience to God and died a criminal's death on a cross. (NLT)

Serve My \_\_\_\_\_

**John 13:34** "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other." (NLT)

**Mark 10:45** "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." (NLT)

Serve My \_\_\_\_\_

**Philippians 2:14** Do everything without complaining and arguing, **15** so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. (NLT)

Serve My \_\_\_\_\_

**Luke 14:12** "Then he turned to his host. "When you put on a luncheon or a banquet," he said, "don't invite your friends, brothers, relatives, and rich neighbors. For they will invite you back, and that will be your only reward. **13** Instead, invite the poor, the crippled, the lame, and the blind. **14** Then at the resurrection of the righteous, God will reward you for inviting those who could not repay you." (NLT)

Serve My \_\_\_\_\_

**John 13:34** Jesus replied, "'You must love the Lord your God with all your heart, all your soul, and all your mind.' [Deut 6:5] **38** This is the first and greatest commandment. **39** A second is equally important: 'Love your neighbor as yourself.' [Lev 19:18] **40** The entire law and all the demands of the prophets are based on these two commandments." (NLT)

**Isaiah 58:10** Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. (NLT)

**Matthew 5:14** "You are the light of the world—like a city on a hilltop that cannot be hidden. **15** No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. **16** In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father." (NLT)

P \_\_\_\_\_

Be \_\_\_\_\_

**1 Peter 3:15** Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. *(NLT)*

Be \_\_\_\_\_

**Ephesians 4:15** Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. **16** He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. *(NLT)*

Be \_\_\_\_\_

**Galatians 6:4** Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. **5** For we are each responsible for our own conduct. *(NLT)*

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**Titus 3:14** Our people must learn to do good by meeting the urgent needs of others; then they will not be unproductive. *(NLT)*

**Hebrews 13:16** And don't forget to do good and to share with those in need. These are the sacrifices that please God. *(NLT)*

**2 Corinthians 9:6** Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. **7** You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully." *(NLT)*

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**Romans 12:6** In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. **7** If your gift is serving others, serve them well. If you are a teacher, teach well. **8** If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly. **9** Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. **10** Love each other with genuine affection, and take delight in honoring each other. **11** Never be lazy, but work hard and serve the Lord enthusiastically. **12** Rejoice in our confident hope. Be patient in trouble, and keep on praying. **13** When God's people are in need, be ready to help them. Always be eager to practice hospitality. *(NLT)*

**1 Peter 4:10** God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. *(NLT)*