

Respiration

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)

One of the things I love most about being a Pastor is helping people.

Connecting with God, restoring relationships,

Over the next several weeks, my goal is to help you improve your spiritual health.

Doctor Will _____

What is my spiritual respiration? _____

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)

Breathing Is _____

Worship Is _____

Ephesians 5:1 Imitate God, therefore, in everything you do, because you are his dear children. **2** Live a life filled with love,

following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. (NLT)

1 Corinthians 14:25 As they listen, their secret thoughts will be exposed, and they will fall to their knees and worship God, declaring, "God is truly here among you." (NLT)

- **Worship:** προσκυνέω; (Greek - proskuneó [pros-koo-NEH-oh]); worship, worshiped, bowed down before, bow down; to fawn or crouch to; to fall face down (prostrate) in adoration; a physical act of lowering oneself in humble submission with an attitude of utmost adoration or respect; properly, to kiss the ground when prostrating before a superior.

Romans 1:25 They traded the truth about God for a lie. So they worshiped and served the things God created instead of the Creator himself, who is worthy of eternal praise! Amen. (NLT)

- **Worship:** σεβάζομαι; (Greek - sebazomai [seb-AD-zom-ah-ee]); to reverence; an attitude of awe-filled reverence that proceeds to overt devotion. It conveys more than formal homage; it portrays inward esteem that culminates in outward acts of honor. The word therefore highlights the relational direction of worship—esteem leading to service—rather than the mechanics of ritual.

Acts 16:14 One of them was Lydia from Thyatira, a merchant of expensive purple cloth, who worshiped God. As she listened to us, the Lord opened her heart, and she accepted what Paul was saying. (NLT)

- **Worship:** σέβω; (Greek - sebó [seb'-om-ah-ee]); worship, God-fearing, worshiper, devout; always conveying reverential acknowledgment of deity.

Matthew 15:9 "Their worship is a farce, for they teach man-made ideas as commands from God." (NLT)

A _____

Hebrews 12:28 Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe. (NLT)

• _____

John 4:23 But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. **24** For God is Spirit, so those who worship him must worship in spirit and in truth." (NLT)

John 14:15 "If you love me, obey my commandments." (NLT)

• _____

John 17:17 "Make them holy by your truth; teach them your word, which is truth." (NLT)

Psalms 119:160 The very essence of your words is truth; all your just regulations will stand forever. (NLT)

Isaiah 29:13 And so the Lord says, "These people say they are mine. They honor me with their lips, but their hearts are far from

me. And their worship of me is nothing but man-made rules learned by rote. (NLT)

• Produces a change of _____ and _____.

Romans 12:1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. **2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (NLT)

1 Corinthians 10:31 So whether you eat or drink, or whatever you do, do it all for the glory of God. (NLT)

WE WORSHIP GOD
IN _____ WE DO.

P _____

Psalms 66:3 Say to God, "How awesome are your deeds! Your enemies cringe before your mighty power. **4** Everything on earth will worship you; they will sing your praises, shouting your name in glorious songs. (NLT)

Psalms 95:6 Come, let us worship and bow down. Let us kneel before the Lord our maker, *(NLT)*

Isaiah 12:5 Sing to the Lord, for he has done wonderful things. Make known his praise around the world. *(NLT)*

Isaiah 57:18 I have seen what they do, but I will heal them anyway! I will lead them. I will comfort those who mourn, **19** bringing words of praise to their lips. May they have abundant peace, both near and far," says the Lord, who heals them. *(NLT)*

Philippians 4:6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. *(NLT)*

Romans 12:1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. *(NLT)*

Psalms 96:9 Worship the Lord in all his holy splendor. Let all the earth tremble before him. *(NLT)*

Psalms 100:2 Worship the Lord with gladness. Come before him, singing with joy. *(NLT)*