

**May 13**

**Health: Healthy Christians – Ephesians 4:1-6**

Healthy Churches are made up of Healthy Christians. We'll take some time to look at what that means and our hope in the gospel.

**Remember**

When you think about health, what comes to your mind?

What are some things you look for in a healthy organism or organization?

How did God speak to you during our gathering?

**Deepen**

Healthy Christians start with a healthy understanding of the gospel. What are some parts of the gospel that must be clear to us?

Read the following passages in Titus. How do they make the gospel more clear?

- 2:11-14
- 3:3-8

Looking at these, what parts of the gospel are you prone to forget?

Brian talked about Healthy attitudes that come from the gospel: humility, gentleness, patience and bearing with one another. Let's reverse engineer for a moment. If these reflect the gospel, what do the following show that we aren't really believing about the gospel?

- Pride
- Harshness and Anger
- Quick Temper and Short Fuse
- Unforgiveness/Unrealistic Expectations
- Promoting disunity

When are you tempted toward these attitudes? How do you need to wage war against them with the truth of the gospel?

**What are the essential doctrines Paul mentions in this passage?**

- One Body into which we are saved
- One Spirit by which we are called to salvation
- One Lord who has died for our salvation
- One Faith by which we can be saved
- One Baptism that reflects our being saved
- One God and Father of all believers

**Transform**

If Healthy Churches start with Healthy Christians and Healthy Christians start with a healthy understanding of the gospel, how can we work to remind ourselves of the gospel? What can we use to fight unbelief and doubt?

What are some ways you need to be more healthy as a follower of Jesus?

How can our Community Group better portray the gospel in the way we treat one another?

**How can we walk the line of holding to doctrinal purity while pursuing relational unity?**

Close with prayer