

How to be a Healthy Follower (Disciple/Apprentice) of Jesus

How can we flourish and thrive rather than languish in our discipleship?

Take a moment to review the key elements of the message.

What does a flourishing person look like? What signs would there be that they are thriving?

As a Christian we can flourish but it is not dependent on outward signs (health, success, achievement). Indeed as a follower of Christ we can appear to be doing terribly – perhaps experiencing great hardship but we can still thrive. This is because for the Christian thriving is about the condition of our heart. In this series we will look at how we can ensure our hearts are set on God thereby knowing his peace and joy.

Part 1 The Bible

Psalm 1 **What do verses 2 and 3 tell us about what we can expect from God?**

2 Tim. 3:16 **Unpack this verse together. Paraphrase it in your own words? What's the equipping that's talked about?**

The bible primarily teaches us about the nature and character of God; it gives us implications not applications. **What does this mean?**

Our emotions and behaviours come out of our beliefs. **What beliefs might we have about the source of our joy, security, significance, hope and peace if we do not have a Christian world view?**

How are things changed if we believe what God says? Give a number of examples of truths from the bible that if believed will change our emotions and behaviours.

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Is. 26:3

Take four minutes to simply meditate/chew over this one verse. Share thoughts that emerge.

Why is bible reading often seen as a chore?

Psalm 1 says that we will flourish if delight to meditate on what God says. **Is meditating day and night realistic? Why/why not?**

As we see how much God loves us, what he has done for us and all we have in Christ we grow in our desire to draw near to him through his word. **Share some verses of scripture together that might inspire you to want to read the Bible?**

It's been said that if we can worry we can meditate!

What's the difference between getting through the bible and "getting the bible through us"?

What role does the Holy Spirit when it comes to God's Word?

How can the following opportunities for engaging with the bible help us to hear God's voice, believe what he says and thereby be caused to flourish? How can we access them? Are there opportunities that we've not thought of using before?

Congregation (preaching on a Sunday)

Cluster (Life Group)

Core Group

1:1

Individually

Read with integrity, curiosity, expectancy.

Key Questions: What did this passage mean?



What does it teach me about God?



What does it teach me about myself?



How should I respond?



It's key people understand that reading the bible is not some test of orthodoxy; we're not saved or accepted by bible reading. However reading/meditating on/studying God's word is absolutely vital if we are to flourish because through this the Holy Spirit can apply truth to our hearts. Without the truth we will believe things that are not true (eg that if people like us then we will be able to feel secure, or that if we can earn enough we can be joyful.)

How can you help each other to get into the bible?