

How to be a Healthy Follower of Jesus: Allow God to Shape You

We have been made to flourish as followers of Jesus becoming all that we were meant to be – increasingly conformed to the likes of Jesus. **But what is that gets in the way?** [Jer. 2:13, Heb. 12:1] **How does this show itself and in what ways do we find ourselves restricted in who we can become?** [Note we're thinking here not only of the sin we commit but also the sin committed against us].

Eph. 2:10 says that we're God's' handiwork/masterpiece/work of art. **What have we been created for? What is our flourishing to be about?** [1) Glorifying/making much of God 2) enabling us to thrive becoming like Christ 3) Blessing others and the world]

Your flourishing is never just about you. It is a "so that" kind of condition. God designed you to flourish "so that" you could be part of his redemptive project in ways that you otherwise could not. He wants you to flourish "so that" people can be encouraged, gardens can be planted, music can be written, sick people can be helped, or companies can thrive in ways they otherwise could not. When you fail to become the person God designed, all the rest of us miss out on the gifts you were made to give. (The Me I Want to Be, Ortberg, 30)

What are the tools that God uses us to shape us? [scripture, prayer, the Lord's supper, preaching, Christian fellowship...] He also uses unusual means on rare occasions but predominantly he uses the "normal means of grace". **How can each of those when received with faith in Christ be used to transform us? How does this actually take place? To what extent do we undervalue these means because of their ordinariness? To what extent do we more value and crave the dramatic and exciting? What are the dangers of this?**

What other "tools" does God have to shape us? [situations and circumstances when, again we receive them/enter into them with faith in Jesus]

You may want to look at the piece of film that was used on Sunday morning again.

<https://www.youtube.com/watch?v=3QckBL2DfVg>

Thinking back over this series what would you benefit from paying closer attention to in your quest to become a healthy follower of Jesus?

- The Bible
- Bringing all things under the Gospel
- Sabbath Rest
- Christian fellowship including:
 - Congregation
 - Cluster (Life Group)
 - Core Group

How can others help you with this?