

Memory Verse:

Philippians 3:12 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.

So what are the key patterns of a spiritually healthy life?

1. A commitment to your spiritual family.
2. A commitment to the Word of God.
3. A commitment to following the Holy Spirit.

Commit to your Spiritual Family

God has designed your spiritual family to feed you, guard you, correct you, support you, train you, empower you, help you and to teach you how to love, forgive, sacrifice, pray, give and serve. You need your spiritual family to be spiritually healthy and your spiritual family needs you.

Make it a priority to commit to your spiritual family this year...be here, engage, contribute, serve, give, love. In all of these activities and purposes God gives us in the body we learn, we grow and we are formed to be like Christ.

Challenges of a spiritual family:

1. You will constantly be challenged to be selfless. There is a bigger purpose than you. You will have to sacrifice your comfort, your opinions, your preferences at times for the betterment of the whole.
2. You will be disappointed and hurt by other family members. You will want to give up or get even...but you need to forgive, grow and continue to believe that Jesus in others will ultimately be bigger than ego.
3. You will grieve others bad choices because you are close to them. Their sin will affect you. You will have burdens to bear that you did not create. But you need to bear those burdens because it comes with being in a family.
4. You will be associated with some people you would rather not be. You can choose your friends, but not your family. You need to accept and love others even when you don't like them.
5. You will disagree at times with decisions and directions from your leadership. You will have to learn how to submit and trust even when you disagree or dislike a decision.

Benefits of committing to a spiritual family:

1. It identifies me as a genuine believer.
Ephesians 2:19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household.
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Romans 12:5 So in Christ we, though many, form one body, and each member belongs to all the others.

2. It provides a spiritual family to support and encourage me in my walk with Christ.
Galatians 6:1-2 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

3. It gives me a place to discover and use my gifts in ministry.
1 Corinthians 12:7, 27 Now to each one the manifestation of the Spirit is given for the common good....Now you are the body of Christ, and each one of you is a part of it.

God has put gifts in you to benefit others just as God has put in others gifts that benefit you.

4. It places me under the spiritual protection of godly leaders.
Hebrews 13:17 Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.
5. It gives me the accountability I need to grow.
Ephesians 5:21 Submit to one another out of reverence for Christ.

Life Group Discussion

1. What does this week's memory verse mean to you: Phil. 3:12 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.
2. What areas of your life are you looking to "press on" this coming year? Any goals you want to share?
3. Why is the commitment to a spiritual family so important to our spiritual health and our overall life?
4. What benefits have you experienced from being a part of a spiritual family?
5. In what ways can each of us contribute to the betterment of our spiritual family?