

## Vital Signs Sermon Series

(based upon the Bishops' Initiative on Vital Congregations)

When something goes wrong with your body, the medical experts immediately check a few vital signs to determine your health. As believers in Jesus Christ we form a body we call the church. We too have vital signs to keep our bodies alive in Christ. Over the next five weeks we will dive into the vital signs that help to keep us spiritually alive and vital followers.

Week 1      **Finding a Heart Beat** (Worship)      Nehemiah 8:1-12; Romans 12:1-2

Let's stop fighting over pews v. chairs or organ v. piano; true worship gives glory to God and focusses on God. Going deeper in worship does not mean singing 19 verses of a hymn or repeating a chorus over and over again; true worship stands before God and changes the heart. Today we find our heart beat in God's glory – worship.

Week 2      **What's Your Blood Pressure** (Missions)      Isaiah 58:1-9a

When your heart is working properly, you have a healthy blood pressure. You are pumping life giving blood throughout the body. When we are living well on Jesus Christ, we are pumping ourselves into the world in missions. How much are you pumping out for the world?

Week 3      **Taking our Temperature** (Leadership)      Matthew 28:16-20; Acts 8:26-40

98.6° If our body varies from its standard temperature, it is an indication that something is wrong. While a high temperature/fever indicates a problem somewhere, the increase in temperature also helps the body fight infection. Spiritual leaders test the temperature of a congregation and the body of Christ and help lead others to the source of our life, Jesus Christ. Today we take our temperature and find out how all of us are standing with God as leaders in making disciples.

Week 4      **BMI – Body Mass Index** (Small Groups)      Hebrews 10:19-25

BMI indicates your muscle to fat ratio. We all desire and need to have more muscle than fat. We tone our muscles as believers of Jesus by studying God's Word together, holding ourselves accountable and meeting together to share life. Our participation in small groups indicates our Godly BMI.

Week 5      **White Blood Count** (Children/Youth)      Psalm 78:1-7; Deuteronomy 6:4-9

Our bodies continually generate new cells; the body replicates new cells each and every minute. As the body of Christ, how are we replicating ourselves? Are we producing new disciples and raising up the next generation of 'cells' that will keep our body healthy and fight off the infection of evil?