



Jesus Way + Jesus Truth = Jesus Life

Your physical health essentially comes down to what you do and what you don't do. How do you eat? Do you exercise? Are you stressed? How's your sleep? Do you have a strong social network? All of these conditions affect your physical being. To attain good health, it will require action: working out, eating well, managing stress and sleep, and taking needed time for friends and family.

In a similar way, if we want to achieve Spiritual Health, we also must do the work necessary to be transformed into strong, functioning disciples

of Jesus. There are **six essential habits** that we must work to develop, and like good health habits, they require consistency, commitment, and practice in order to see maximum benefits. *Where* would you start? We're so glad you asked!

While the order in which you tackle the six habits is inconsequential, we've laid out for you on the back side of this page a series of more detailed bullets that illustrates what each practice might look like.

Worship Consistently

He [Jesus] went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was His custom.
(Luke 4:16 NIV)

- Assembling on Sundays with sisters and brothers in Christ in English, Spanish, and Portuguese
- Asking God—Father, Son, and Holy Spirit—to be present through each service
- Reading and reflecting upon the sermon's Scripture passage before the service begins
- Requesting God's power for the preacher, worship leaders, and musicians to proclaim the gospel
- Bringing your Bible so you can follow along with the preacher as she/he proclaims the Word
- Inviting a friend to attend a service with you
- Praying for everyone present to respond to the guidance and power of the Holy Spirit
- Volunteering in worship and music leadership

Pray Daily

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

(Philippians 4:6 NIV)

- Interceding for His care and love for specific friends, loved ones, MDPC members, and others
- Asking Him for His empowerment in the mission of MDPC and the Church Universal
- Requesting God's wisdom for those who lead and guide our nation and all nations of the world
- Seeking His strength for those who grieve, mourn, face illness, and encounter challenges
- Petitioning for His encouragement for persecuted Christians throughout the world
- Using the phrases of the Lord's Prayer as a guide to an extended time of prayer
- Exploring the spiritual discipline of "lectio divina" as a means of praying through Scripture

Study Diligently

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

(2 Timothy 3:16-17 NIV)

- Participating in an ongoing Bible study class or small group on Sunday mornings or during the week
- Reflecting upon at least one chapter of the Bible as part of your daily devotional time
- Reading through the entire Bible in a year through a specific plan for that purpose
- Committing to a Bible study class or group that uses weekly readings, homework assignments, group discussion and/or lectures, and mutual encouragement to move toward a richer level of discipleship
- Growing in knowledge and understanding of basic

Christian teachings in worship, Scripture, theology, and Presbyterian emphases

- Learning the riches of Christian faith and practice through focused in-depth studies on how to read and study Scripture, Old and New Testament surveys, Christian theology, Reformed and Presbyterian emphases, and Christian apologetics

Witness Winsomely

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect... (1 Peter 3:15 NIV)

- Inviting non-churched friends, family members, and neighbors to join you in an Alpha group
- Developing and practicing with friends a brief story of your faith journey
- Learning and preparing a conversational method of sharing the gospel to share with others
- Interceding in prayer for those not yet followers of Jesus Christ and for those bearing witness to them
- Standing for the Kingdom's values of grace, love, justice, and fairness

Serve Joyfully

Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

(Colossians 3:17 NIV)

- Providing support and resources to a friend, loved one, or neighbor experiencing a difficult time
- Exploring your calling through your spiritual gifts, talents, and passions for service
- Engaging in short-term projects like Church in the City, Summer Celebration, and mission trips
- Assisting in the ministry of an MDPC Local or Global Outreach Partner
- Teaching or leading in Children's, Youth, Young Adult, or Adult Discipleship
- Encouraging and supporting others through Caring Ministries and Relationships Ministries
- Volunteering with MDPC administrative needs

Give Freely

Each of you should give what you have decided to give, not reluctantly or under compulsion, for God loves a cheerful giver.

(2 Corinthians 9:7 NIV)

- Seeing your time, abilities, and material goods as belonging to God, not to yourself
- Prioritizing your calendar in accordance with what God wants to do through your life
- Pledging your consistent financial giving to the mission of MDPC and to the worldwide Church
- Perceiving the New Testament teaches proportionate giving as the foundation for your giving
- Stair-stepping the growth of your trust upon God for all your needs as you mature in faith