

70^{BPM}
94%

Seven Signs of Life

7. Nutrition: A Diet that Makes a Difference

Sermon Series Focus

- In biology we learn that there are *seven* processes of life that identify all living organisms. We could also view these as “signposts” to a healthy living organism.
- We're using these seven signs as a diagnostic tool for assessing your own spiritual health as a disciple, as well as the overall health of our church.
- Is this an area in my life that needs the Spirit to bring fresh vitality? Is this an area in our church where we need to give attention? What is God saying to me about these seven signs? Where can I (we) use his healing touch?

Seven Signs of Life

1. Movement: Prove You're Not Dead
2. Respiration: Breathing God's Breath
3. Sensitivity: Our Spiritual Awareness
4. Growth: The Inevitable Result of Healthy Life
5. Reproduction: Multiplying Life, Creating the Future
6. Excretion: Getting Rid of the Junk
7. **Nutrition: A Diet That Makes a Difference**

“Few people arise in the morning as hungry for God as they are for cornflakes or toast and eggs.”

Dallas Willard, *Hearing God*

“Everyone who drinks this water [Jacob’s well] will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

Jesus, John 4:13-14

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

John 6:35 NIV

John 4:31-34 NIV

³¹ Meanwhile his disciples urged him, “Rabbi, eat something.” ³² But he said to them, “I have food to eat that you know nothing about.” ³³ Then his disciples said to each other, “Could someone have brought him food?” ³⁴ “My food,” said Jesus, “is to do the will of him who sent me and to finish his work.”

“Only when the Lord moves within you, and you move in accordance with his will, will you have food. As you touch life, you get food; as you touch the Lord, you are satisfied.”

Watchman Nee, *Christ: The Sum of All Spiritual Things*

“A spiritual discipline is an intentionally directed action which places us in a position to receive from God the power to do what we cannot accomplish on our own. The deep waters of God's life are already flowing. We simply learn the strokes that will enable us more and more to be at home in them.”

Richard Foster, Celebration of Discipline

Spiritual Disciplines

Practicing the Fundamentals of Faith

The following are ways to eat and drink Christ:

- **Scripture** (reading, studying, meditating, memorizing, etc.)
- **Prayer** (conversation, praise, confession, supplication, etc.)
- **Fasting** (halting intake, redirecting & tapping into Christ)
- **Worship** (private & corporate/communal adoration)
- **Ministry** (“doing the will of the Father” to work the fields)
- **Sabbath, Silence & Solitude** (retreating for self-care)
- **Soul-Friendship** (giving & receiving Jesus with others)
- **Communion** (visible/mystical practice of his presence)

Paul, 1 Timothy 4:7-9 NLT

⁷ Do not waste time... Instead, train yourself to be godly.

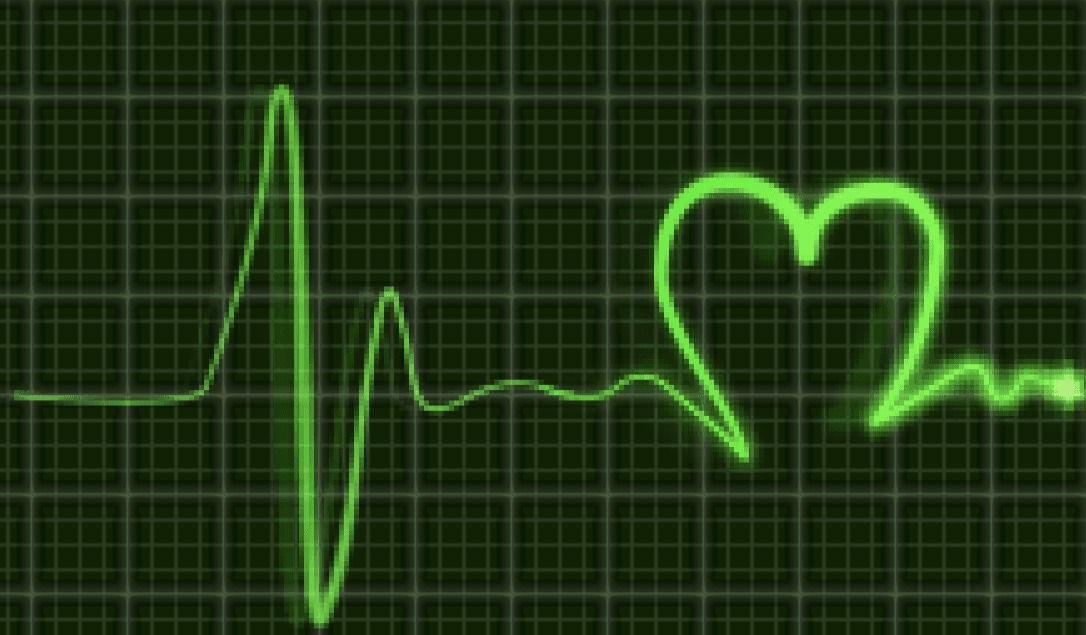
⁸ “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

⁹ This is a trustworthy saying, and everyone should accept it.

Seven Signs of Life

What is God saying? How will you respond?

- What areas of your spiritual life need attention?
- What about within our church? (MRS GREN)
 - Are we responding to the divine stimulants?
 - Are we breathing God's breath in deep prayer?
 - Are we discovering, owning, and exercising our gifts?
 - Are we growing as a church (deep & wide – faith & practice)?
 - Are we multiplying ourselves (disciples, ministries, churches, etc.)
 - Are we being intentional about repentance, getting rid of the junk?
 - Are we working at receiving Christ through spiritual disciplines?
- What are we going to do in response to his voice?



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Sermon audio & slides in PDF can be downloaded at:
www.christiansburgmennonite.org