



## The Healthy Church

Adapted from “New Me” series by Rod Loy.

Change is not easy. If change was easy, everyone would do it. What would happen if everyone followed through on their commitments? Not many men articulate they are committed to changing. If they do articulate it, the resolve is missing.

Read the following which helps explain what it is that we do not like about change:

It's not just that people fear change, though they undoubtedly do. It's also that they genuinely believe (often on an unconscious level) that when you've been doing something a particular way for some time, it *must* be a good way to do things. And the *longer* you've been doing it that way, the better it is. So, change isn't simply about embracing something unknown — it's about giving up something *old* (and therefore good) for something *new* (and therefore not good).

A November 2010 study shows that people have a very reliable and tangible preference for things that have been around longer. In one study, students preferred the course requirement described as the status quo over a new version (regardless of whether the new version meant more *or* less coursework), and liked it even more when it had been around for 100 years rather than only 10 years. In another, people who were told that acupuncture had been in existence for 2,000 years expressed more favorable attitudes toward it than those who were told it existed for 250 years.

The bottom line is, unconsciously we all believe that longevity = goodness. There are, admittedly, plenty of instances where this is perfectly rational. When a particular product or way of doing things has stood the test of time, it is probably superior to alternatives in at least some respects.<sup>1</sup>

---

<sup>1</sup> Heidi Grant Halvorson. “Explained: Why We Don't Like Change,” *Huffington Post*, January 5, 2012 [http://www.huffingtonpost.com/heidi-grant-halvorson-phd/why-we-dont-like-change\\_b\\_1072702.html](http://www.huffingtonpost.com/heidi-grant-halvorson-phd/why-we-dont-like-change_b_1072702.html) (accessed July 20, 2017).

“Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.”



## **COURAGE**

**C1:** What would your life be like if you fulfilled your comments to God this year?

**C2:** What would be the result of you living your life according to Scriptural principles?  
What type of impact would this have in the church? Community?

**C3:** What does a healthy-Christ-following man look like?

## STRENGTH

**S1:** Read and answer the following.

### **Acts 2:42 (ESV)**

- What are three things listed in this verse that are needed to be a healthy-Christ-following man and church?
- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well these three things are active in your life. Write out a plan to improve.

**S2:** Read and answer the following.

### **Acts 2:43 (ESV)**

- What does the word “awe” mean to you?
- List some ways you express your gratefulness to God?
- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well you express gratefulness. Write out a ninety-day improvement plan.

**S3:** Read and answer the following.

**Acts 2:43 (ESV)**

- What does the word “supernatural” mean to you?
  
- What causes you to “wonder”?
  
- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well your walk with God causes you to wonder. Write out a plan to increase your wonder in the next sixty days.

## ENDURANCE

**E1:** Read and answer the following.

### **Acts 2:44 (ESV)**

- What does unity mean to you?

### **Matthew 18:15–20 (ESV)**

- What do these verses speak to you regarding conflict?
- On a scale of 1-4 with 1 being very well and 4 being not very well, rate yourself on how well you handle conflict biblically. Write out a plan to improve.

**E2:** Read and answer the following.

### **Acts 2:45–46 (ESV)**

- What are three things you can glean from these verses that you should do as a healthy-Christian man?
- What are three things you can be generous with in your life?
- On a scale of 1-4 with 1 being very generous and 4 being not very generous, rate yourself on how generous you are in these three areas. Write out a plan to improve.

- On a scale of 1-4 with 1 being very committed and 4 being not very committed, rate yourself on how committed you are to the things of God. Write out a plan to improve.
- On a scale of 1-4 with 1 being very fun and 4 being not very fun, rate yourself on how fun you are to be around. Write out a plan to improve.

**E3:** Read and answer the following.

**Acts 2:47 (ESV)**

- From this verse, what are three things you should be doing as a healthy-Christian man?
- On a scale of 1-4 with 1 being high worship and 4 being not high worship, rate yourself on how well you worship. Write out a plan to improve.
- On a scale of 1-4 with 1 being very influential and 4 being not very influential, rate yourself on how influential you are in your community. Write out a plan to improve.
- On a scale of 1-4 with 1 being very outward focused and 4 being not very outward focused, rate yourself on how outward focused you are. Make a list of three unchurched men you can focus on this next year to begin to influence them.