

Vital Signs

How am I gathering with my church family to worship?

Hebrews 10: 19-25.

October 1, 2023.

Introduction: How would you measure your spiritual health? We do it all the time with our bodies: temperature, pulse, respiration, blood pressure. All signs of life in you. Are there any signs of spiritual life in there? What would you do to strengthen them? If you found a heart beating by itself on a sidewalk, you know it wouldn't last. It needs a healthy body. Same with us. "We are members of one another" (Romans 12:5). Active members at UPC make five commitments to one another: worship, formation, community, mission, giving. We need you to join us. And to strengthen the life of Christ in your life.

Prayer: Father, help us to see both the promise and the encouragement in this text. Amen.

Read: Hebrews 10: 19-25.

Review: Did last week help you to see other cultures in a new way?

Discussion:

1. How are we able to now enter The Most Holy Place, previously forbidden?
2. What is the most important statement for you in this text? Explain. (Answers may vary).
3. How can we spur one another on toward love and good deeds?
4. Why is important to meet together? Why do some choose not do so?

Application: let us encourage others this week to meet together to worship.

Prayer: Father, we are grateful that meeting together helps us toward love and good deeds. Amen.