

Feel stuck in the day-to-day of life and ministry? It's time to get moving ...

We talk a lot of the importance of staying physically fit, caring for the condition of our hearts and keeping our minds sharp. But what about the health of our spirits? Connect, Grow, Serve, Go is a call to evaluate your present condition and discover ways to improve your spiritual health. Packed into each biblical concept—Connect, Grow, Serve, Go—is a simple way you can move forward, not remain stagnant. Best of all, these tools will stand the test of time—no “fad” diets here.



CONNECT

Connect highlights the importance of worship, prayer, and fellowship in your everyday life. It reminds you that building positive, long-lasting relationships with people at work, school, the PTA, and even in your home is vastly important. As you connect with God, He connects you with individuals who you in turn connect to your church family.



GROW

Grow “in spirit and in truth.” Knowing God’s Word and how it makes a difference in the day-to-day is key to a balanced life. Growing in knowledge is vital, but it’s about more than just information. It’s about truly becoming a disciple and seeing God’s Word come alive in your life. It’s about discovering something fresh and inspiring in a passage you’ve read a hundred times.



SERVE

Serve alongside fellow followers of Christ—it feeds your soul. Your church is full of ministry and service opportunities. Maybe your service is manning the food pantry, hosting youth fellowships, or teaching Sunday School. It takes all of us working together for the church to function as God intended. He empowers us to serve, and multiplies our efforts in exponential ways.



GO

Go moves you outside of the church walls into every part of your community and the world. Whether you’re driving a hammer on a Habitat build, offering a clean cup of water, or tutoring children at the local Y, do it all in the name of Christ. It might be uncomfortable at first, but you will experience first-hand the impact Christ can make through you.

Connect, Grow, Serve, Go must impact you, the individual, before it can permeate your circle of friends, your Bible study group, and then the church as a whole. All **Go** and no **Connect** with God or other believers leaves you worn out. A steady diet of **Grow** without the action of **Serve** or **Go** leads to unhealthy spiritual indifference. We all need a balanced spiritual diet to remain fit and able to serve God in the ways He has gifted us.

Look for these **Connect, Grow, Serve, Go** icons in this and other adult study resources from LifeWay Christian Resources to help you check and maintain your spiritual balance and health.

