



**Title:** The Book of Mark: Part 11, What does a spiritual healthy believer look like?

**Speaker:** Charles Stone

**Scripture:** Mark 4.21-34

**Last week's Big Idea:** To produce a good crop, regular gardening is required



**TODAY'S Big Idea**

Five practices indicate a spiritually healthy follower of Jesus.

1. You reveal \_\_\_\_\_
2. You attend \_\_\_\_\_
3. You act \_\_\_\_\_
4. You rest \_\_\_\_\_
5. You acknowledge \_\_\_\_\_

Other Scripture: 1 Peter 2.12, 1 Corinthians 3.5, Colossians 2.19



**TODAY'S Key Insight**

If you were to share a key insight from today's message with a friend, what would you say? In a sentence or two, write down here what you'd share?

Blank space for writing a key insight.



**TODAY'S Lunch Discussion Question**

1. What are some reasons why it is important to understand what a Spiritually healthy person looks like?
2. Why do you think it is good to measure your spiritual health sometimes?
3. Which one of the "5 practices" stood out to you and why?
4. What is one way that you can apply one of these 5 practices?



**HOW TO MAKE the Sermon Stick**

**The 3-Learning 'R's'**

- **READ** the upcoming passage each day.
- **RECORD** by taking notes of the message today.
- **REVIEW** by going to the website for further learning tools at [www.westparkchurch.ca](http://www.westparkchurch.ca) or by scanning this QR code:



**UPCOMING EVENTS**

SEEDS Offering | November 27, December 4 & 11  
December 18 | Drive Through Nativity  
December 24 | Christmas Eve Services 4pm & 6pm



**MEMORY VERSE of the Month**

**Mark 4.20** "Others, like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown."