



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

PULSE  **CHECK**

THE 5 VITAL SIGNS

PULSE CHECK PT.1

“Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood.” Acts 20:28

“And He put all things under His feet, and gave Him to be head over all things to the church, which is His body, the fullness of Him who fills all in all.” Ephesians 1:22-23

‘THEANTHROPIC’ = EMBODYING DEITY IN HUMAN FORM

“And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it. And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Matthew 16:18-19

What does it mean to be a healthy member of the Church?



THE 5 VITAL SIGNS:

- 1.COMMUNITY/FELLOWSHIP**
- 2.WORSHIP/PRAYER**
- 3.DOCTRINE/SPIRITUAL MATURITY**
- 4.SACRIFICING/GIVING**
- 5.WITNESSING/EVANGELISM**

MARKER #1: ONE LIFE GROUP PER YEAR

God has a plan for my life at an individual level and also as part of His Body. I can't know one without the other.

“And they continued steadfastly in the apostles’ doctrine and fellowship, in the breaking of bread, and in prayers. Then fear came upon every soul, and many wonders and signs were done through the apostles. Now all who believed were together, and had all things in common, and sold their possessions and goods, and divided them among all, as anyone had need. So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.” Acts 2:42-47

COMMUNITY = INVESTMENT

- a) Investing in the lives of others**
- b) Opening up so others can invest in me**

“One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.” Proverbs 18:24

“And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” Hebrews 10:24-25

“For we, though many, are one bread and one body; for we all partake of that one bread.” 1 Corinthians 10:17

REGULAR TIME WITH GOD

PULSE CHECK PT.2

LISTEN + MEDITATE + RESPOND IN PRAYER

“But Mary kept all these things and pondered them in her heart.” Luke 2:19

“And she had a sister called Mary, who also sat at Jesus’ feet and heard His word.” Luke 10:39

“Shall I hide from Abraham what I am doing, since Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him?” Genesis 18:17-18

MEDITATING ON GOD’S WORD IS THE KEY TO..

1. ATTAINING THE MIND OF CHRIST

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2

2. ALIGNING WITH THE WILL OF GOD

“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.” John 15:7

3. ACHIEVING SUCCESS AND PROSPERITY

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” Joshua 1:8

**STOP ASKING: WHAT DOES THIS SAY?
START ASKING: WHAT DOES THIS MEAN?**

“Hold him in your arms like Mary his mother. Enter with Magi and offer your gifts. Proclaim his birth with the shepherds. Proclaim his praise with the angels. Carry him in your arms like Simeon the Elder. Take him with Joseph down to Egypt. When he goes to play with little children, steal him up and kiss him. Sit with him in the temple and listen to the words coming from his mouth while the astonished teachers listen. When he asks, when he answers, listen and marvel at his wisdom.” John of Dalyatha (c. 690 – 780)

We aren't just reading words; we are seeking the Word through words.

“My child, I have so many things to tell you! I would like so much to speak with you, to reveal Myself to you! If only you would turn towards Me, be silent and listen to Me! But you give Me so few opportunities to open My heart to you! Do you want to converse with Me? Even if it were only for a few minutes each day?”

- Lev Gillet (Jesus: A Dialogue With the Saviour)



ACTIVELY VOLUNTEERING

PULSE CHECK PT.3

HABIT #1: JOIN A LIFE GROUP

HABIT #2: REGULAR TIME WITH GOD

HABIT #3: ACTIVELY VOLUNTEERING

prominence ≠ significance

**GREATNESS COMES FROM SERVING OTHERS,
NOT MYSELF.**

“Now there was also a dispute among them, as to which of them should be considered the greatest. And He said to them, “The kings of the Gentiles exercise lordship over them, and those who exercise authority over them are called ‘benefactors.’ But NOT SO AMONG YOU; on the contrary, he who is greatest among you, let him be as the younger, and he who governs as he who serves. For who is greater, he who sits at the table, or he who serves? Is it not he who sits at the table? Yet I am among you as the One who serves.” Luke 22:24-27

“But he who is greatest among you shall be your servant.” Matthew 23:11

**SERVING ISN'T SOMETHING WE DO;
IT'S WHO WE ARE.**

“Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.” Galatians 6:10

SERVING REQUIRES JUST ONE ABILITY: AVAILABILITY

“Do not withhold good from those to whom it is due, when it is in the power of your hand to do so. Do not say to your neighbor, “Go, and come back, and tomorrow I will give it,” when you have it with you.”
Proverbs 3:27-28

I SERVE BECAUSE I NEED IT, NOT BECAUSE IT NEEDS ME.

“If anyone serves Me, let him follow Me; and where I am, there My servant will be also. If anyone serves Me, him My Father will honor.”
John 12:26

“If anyone will not work, neither shall he eat.” 2 Thessalonians 3:10

“And whoever gives one of these little ones only a cup of cold water in the name of a disciple, assuredly, I say to you, he shall by no means lose his reward.” Matthew 10:42



**Join a volunteer team
today by clicking the
VOLUNTEER button on
the STSA App or
scanning the QR code.**



INVITE ONE PERSON TO CHURCH

PULSE CHECK PT.4

HABIT #4: INVITE (AT LEAST) ONE PERSON TO CHURCH

evangelism = sharing good news

“Then the angel said to them, “Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord.”

Luke 2:10-11

“Now it came to pass, afterward, that He went through every city and village, preaching and bringing the glad tidings of the kingdom of God.”

Luke 8:1

**IF ALL PROBLEMS STEM FROM MAN'S
SEPARATION WITH GOD,
THEN ALL SOLUTIONS RESULT FROM MAN'S
COMMUNION WITH GOD.**

“The Lord God sent him out of the garden of Eden to till the ground from which he was taken. So He drove out the man; and He placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life.” Genesis 3:23-24

“For if I preach the gospel, I have nothing to boast of, for necessity is laid upon me; yes, woe is me if I do not preach the gospel!” 1 Corinthians 9:16

WE SPEAK **BOLDLY** ABOUT WHAT WE BELIEVE **DEEPLY**.

“You have been on the Mount of Transfiguration, you have seen the glory of God, you have been on the road to Damascus, you have faced the living God, you have been in the upper chamber, you have been here and there in Galilee and Judaea, all the mysterious places where one meets God.

Go now, and if truly you have discovered joy, how can you not give joy to others? If truly you have come nearer to truth, how can you keep it for yourself? If truly something has been kindled in you which is life, are you going to allow anyone not to have a spark of life? It does not mean go round and tell everyone specifically religious things or use clerical phrases.

It means you should go into the world which is yours with a radiance, with a joy, with an intensity that will make everyone look at you and say "He has something he hadn't before. Is it that truly God has come near? He has something he never had before and which I do not possess -- joy, life, certainty, a new courage, a new daring, a vision, where can I get it?" Metropolitan Anthony Bloom

HOW? GET COMFORTABLE BEING UNCOMFORTABLE

**EVANGELISM ISN'T ABOUT BRINGING OTHERS TO CHRIST;
IT'S ABOUT BRINGING CHRIST TO OTHERS.**

“After these things the Lord appointed seventy others also, and sent them two by two before His face into every city and place where He Himself was about to go.” Luke 10:1

***“Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven.”
Matthew 10:32-33***

Welcome

Whether you're just visiting or looking to stay, it's great to have you with us!

COFFEE'S ON US

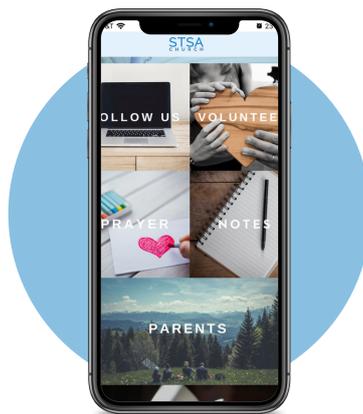
Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



EVERYTHING IN ONE SPOT

CHECK OUT OUR STSA CHURCH APP



- Sign up for Groups and Events
- Watch or listen to The Well
- Calendar, Notes, and more!

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