

1 Faith Creation & Spiritual Growth

- Or why Riding a Bicycle is so important!

2 Introduction:

- If you want better health, you've got to hop on a bike and pedal like crazy.
- You've got to get on that bad boy and ride.
- And if you want stronger faith, you might have to do the same thing.

3 Humana Insurance

- Grant Harrison had a brainstorm one day, as he was working at the Innovation Center at the Humana health-benefits company in Louisville, Kentucky.
- The Innovation Center is a think tank, so Harrison was ... thinking.

4 Humana Insurance

- It was dawning on him that health-insurance companies need to change, that they can't focus solely on health-policy reform.
- Then the light bulb went on: Humana had to become "a health-creation company!"

5 Humana Insurance

- Not health insurance. Health creation!
- And the goal had to be "to make fun things healthy."
- As we know, the devil (figuratively speaking) is always in the details.
- So how was Human going to accomplish this?

6 The Road to Good Health

- Harrison thought of bicycles and how they could become a healthy way for people to commute to work.
- "Fifty percent of people drive to work less than five miles in their cars," he told Fast Company magazine (September 2009).
- "They could be doing this on a bike. If somebody starts commuting this way, within a year, he or she will have lost 13 pounds on average."
- Plus, "when you get people on two wheels, you unlock this feeling of being a kid again."

7 B-Cycle

- So Harrison created a system at Humana called B-cycle — automated kiosks that let riders rent bikes at prices that are comparable to mass transit.
- Out of Humana's 10,000 employees, 2,400 signed up to use the bikes within the first six weeks.
- A national rollout will now bring 50,000 bikes to a dozen cities in the next three years.

8 **Yellow Bible Program - Lexington**

9 **Summary**

- The moral of the story is that health is created when we put ourselves in motion.
- Whether we ride a bicycle to work, or whether we do something that exercises our bodies.
- The point is that inactivity or low activity is a detriment to our health and if we don't do something, the overall quality of life could be negatively effected.

10 **Review of Ekklesia's Vision**

- Our Vision
 - To bring Glory to God by showing forth the faithfulness and power He gives to those who carry out the Words of His Son Jesus Christ and in so doing provide evidence for others to believe and put their trust in the living God.

11 **Review of Ekklesia's Vision**

- Our Mission
 - To become a biblically functioning community by structuring church life around the development of small groups (cells) so that meaningful and caring relationships can take place and thus create an atmosphere where God's Word can be practiced.

12 **Review of Ekklesia's Vision**

- Our Mission
 - To experience God in regular settings of corporate worship through relevant and lively forms of worship that allow for the operation of spiritual gifts and the preaching of God's Word where people are encouraged in their faith and guided in its application.

13 **Summary of our Vision**

- To summarize, our purpose as a church, is to create faith as we practice the faith and so be a witnessing community.
- However, if we are not a practicing community, we will never be a witnessing community.
- In other words, God will not honor His covenant with us, if we don't walk out our faith.

14 **The Book of Acts**

- All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had. (Acts 4:33 NIV)
- With great power the apostles continued to testify to the resurrection of the Lord Jesus, and much grace was upon them all. (Acts 4:33 NIV)

- There were no needy persons among them. (Acts 4:34 NIV)

15 **Literary Chiasm**

- A chiasm is a writing style that uses a unique repetition pattern for clarification and/or emphasis.
- This approach or structure appears throughout the Bible and has been identified over 2,000 times.
- Simply put, a chiasm is a repetition of similar ideas in the reverse sequence.
- The importance of the chiastic structure is found in its hidden emphasis, which is the center.

16 **Chiasm Example**

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19 **The Early Church**

- The point that I'm making is that when the body of Christ ministers to one another there is a manifestation of God's power in their midst.
- Moreover, not only is there power, but according to the book of Acts there was "much grace upon them all."
- Not just the apostles, but on them all!

20 **Purpose and Vision**

- This is why that at Ekklesia our mission is to be a biblically functioning community, so that God's goodness and grace can be poured out upon us.
- This is why we meet in Cell Groups.
- So that we can pray for each other, encourage each other, and minister one-to-another—both during the group and during the week.

21 **Build Faith**

- When we are faithful to the Great Commandment and God's grace is poured out on His Church we also become a witnessing community.
- We show what God can do through those who trust Him, which builds faith in others to trust Him too.

- This is known as the Centripetal Model of Missions and is found throughout the Bible—both in the Old and New Testaments.

22 Centripetal Mission

- ““You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself.” (Ex 19:4 NIV)
- ““Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession.” (Ex 19:5 NIV)
- ““Although the whole earth is mine, you will be for me a kingdom of priests and a holy nation.’ These are the words you are to speak to the Israelites.” (Ex 19:6 NIV)

23 Zechariah 7

- ““This is what the LORD Almighty says: ‘Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the alien or the poor. In your hearts do not think evil of each other.’” (Zech 7:9–10 NIV)
- ““But they refused to pay attention; stubbornly they turned their backs and stopped up their ears. They made their hearts as hard as flint and would not listen to the law or to the words that the LORD Almighty had sent by his Spirit through the earlier prophets. So the LORD Almighty was very angry. (Zech 7:11–12 NIV)

24 Zechariah 7

- ““When I called, they did not listen; so when they called, I would not listen,’ says the LORD Almighty.” (Zech 7:13 NIV)
- ““I scattered them with a whirlwind among all the nations, where they were strangers. The land was left so desolate behind them that no one could come or go. This is how they made the pleasant land desolate.” (Zech 7:14 NIV)

25 Isaiah 58

- ““Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.” (Is 58:4 NIV)
- ““Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe him, and not to turn away from your own flesh and blood?” (Is 58:6–7 NIV)

26 Isaiah 58

- ““Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.” (Is 58:8 NIV)

- “Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.” (Is 58:9 NIV)

27 **Jesus - Approved of God**

- [The] Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.” (Luke 3:22 NIV)
- While he was still speaking, a bright cloud enveloped them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” (Matt 17:5 NIV)
- “Men of Israel, listen to this: Jesus of Nazareth was a man accredited by God to you by miracles, wonders and signs, which God did among you through him, as you yourselves know. (Acts 2:22 NIV)

28 **Jesus’ Ministry**

- Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them. The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel. (Matt 15:30–31 NIV)

29 **Pleasing the Father**

- Jesus number one goal was to please the Father.
- He says, “By myself I can do nothing; . . . for I seek not to please myself but him who sent me.” (John 5:30 NIV)
- This was why God was pleased to manifest His glory on Jesus even to the point of raising him from the death and giving Him the name that is above every name, LORD.

30 **Question**

- I just wonder what would happen, if we as a church had a relationship with the Father as Jesus did?
- Where we trust Him in everything and make it our ambition to please Him as well.
- Would we too see the glory of God on us?

31 **Our Goal**

- So we make it our goal to please him, whether we are at home in the body or away from it. (2 Cor 5:9 NIV)
- Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. (1 John 3:21–23 NIV)

32 **Conclusion**

- Therefore, let us become that witnessing community where God is pleased to manifest His glory—of what He can do through those who trust Him.
- For it is our destiny to bring glory to His name.

- When we practice our faith (ride our bicycles), we become a faith creating community and we grow healthy as well.
- Amen!