



Intro: “Getting Healthy”

Welcome to The EN/CORE Journey - an opportunity to explore Scripture, Beliefs, and Practices that form the core of the Christian faith in the community of relationship at Eagle Naz!

Watch the Video Intro, then read together...

In the video clip, Pastor Scott shares why solidifying our beliefs is important for our growth as disciples:

- *Our worldview shapes our beliefs, which forms our values, which drives our habits, which creates our daily life experience.*
- *So, our beliefs can be the foundation of an active, dynamic, and growing relationship with our Creator!*

God wants us to know Him and walk in relationship with Him

- **Read Ephesians 3:14-21 together** - Paul’s prayer for all believers
 - What does Paul ask God to do for the believers in Ephesus?
 - How will this happen? Through human efforts?
 - What will the result of knowing God’s love be for us?
 - What is the source of the power for this to happen?
 - ***How does this passage encourage you to grow in your knowledge and relationship with God this year?***
- **Pastor Scott shared these 3 Elements of Real Health:**
 - *A deep sense of your own value and significance.*
 - *Authentically living your unique identity.*
 - *The ability to give and receive love.*

*** Do the Spiritual Health Inventory together:**

- **This inventory is a great way to check how you’re doing in the 3 Elements of Real Health!**
- Each member will complete a Spiritual Health Check-up. You can start it in your group and continue to work on it through the week, but use this to set your intentions for how you hope to grow through this group process in the new year ahead.
- The questions are very intentional about exploring both our Spiritual Habits and also our Relationships! Share with your group what intentions you have for growth this year in these areas!

EN-CORE

JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

The Apostles’ Creed

I believe in God, the Father Almighty, Creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried; He descended to hell. The third day he rose again from the dead. He ascended to heaven and is seated at the right hand of God the Father almighty. From there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic* church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

(not Roman Catholic, but all believers everywhere!)*

Close with Prayer for One Another...

- Share what your intentions are this year from your Spiritual Health Inventory!