



# HABITS OF HEALTHY CHURCHES

VIDEO GUIDE

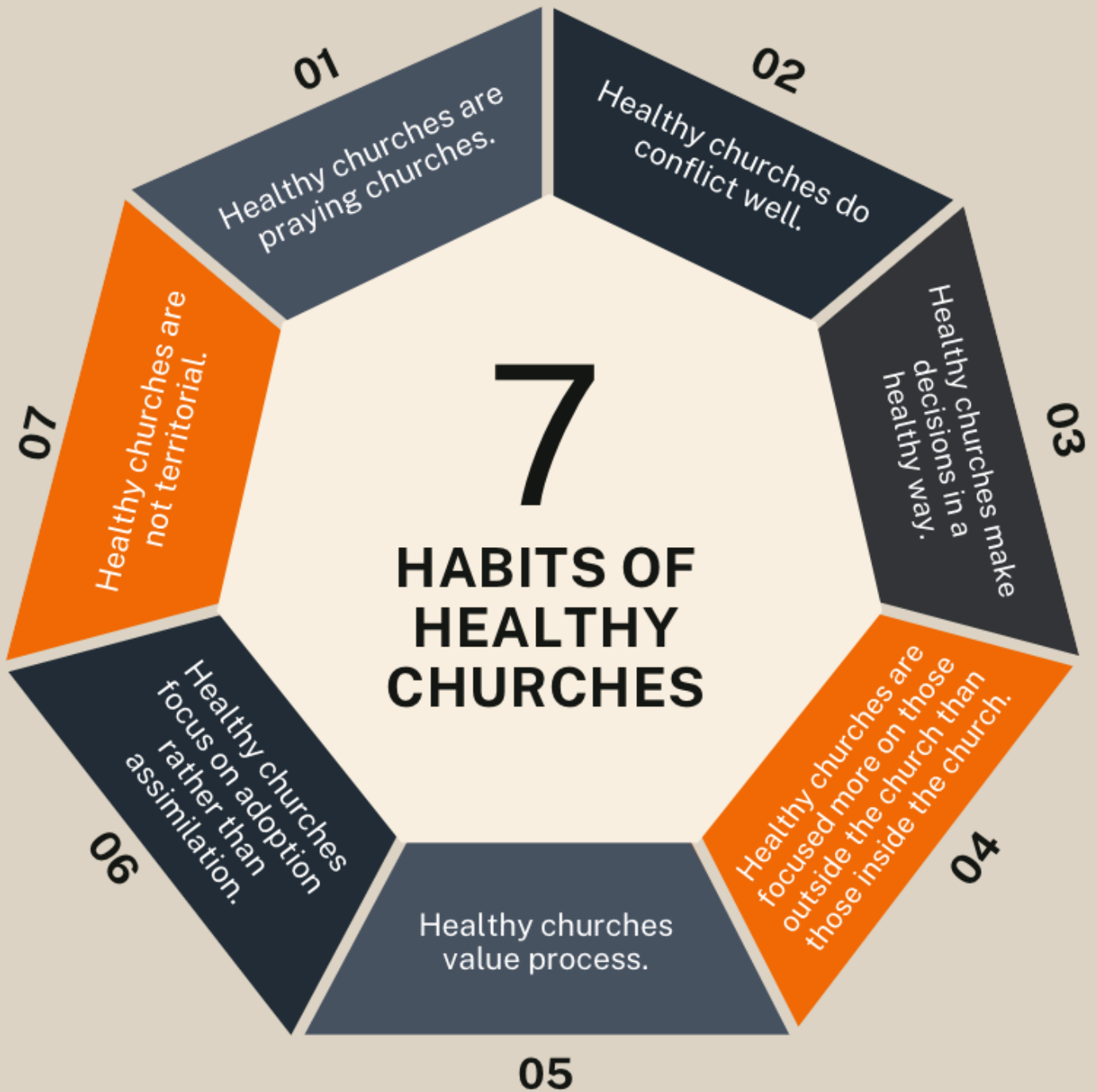
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INFO@AMAZED15.ORG  
amazed15.org



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amazed15.org

# SESSION ONE

## HEALTHY HABITS

### KEY POINTS

Outside the work of God through the gospel, health trumps all.  
Church culture affects effectiveness on mission.  
Leaders foster toxicity or health.  
The default is toxicity because we are imperfect beings.  
Lasting and transformational health is possible.  
Healthy growth is always spiritual, not numerical.  
No one wants to be a part of something unhealthy.

How would you describe a healthy church culture?

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In what ways have you seen health and unhealth in church cultures ?

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In what ways do healthy/unhealthy church cultures affect the effectiveness of mission?

What factors do you think contribute to the large number of pastors and church leaders considering leaving the ministry?

How have you seen leaders foster health/unhealth?

# SESSION TWO

## HEALTHY HABITS

Habit One: Healthy Churches are praying churches.

## KEY POINTS

Church health is a spectrum.

Church health is a culture issue, not a program issue.

The goal for church culture is movement towards health.

Health does not happen by accident; it takes intention and action.

Habits shape culture.

Intentional habits set church culture on a trajectory towards health.

Which of the 7 habits stood out to you? Why?

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How do habits help shape church culture?

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Reflecting on your own church context, in what areas do you see health?

In what ways is your church intentionally pursuing health?

What do you think hinders church cultures from movement towards health?

# SESSION THREE

## HEALTHY HABITS

Habit Two: Healthy Churches do conflict well.

## KEY POINTS

Nothing destroys more churches than poorly handled conflict.

Jesus' paradigm around conflict is based on relationship.

Dealing with conflict well shows value to people and relationships.

Everyone deserves to be and feel heard.

Most conflict is rooted in personality preferences, misunderstanding or miscommunication.

Matthew 18 guides us through healthy conflict to seek restoration and reconciliation.

Go to the person directly. Bring a translator with you. Bring the conflict to a group/church/governing board.

How have you seen conflict handled well/poorly?

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How do we grow through healthy dealings with conflict?

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In what ways does dealing with conflict well show value to people and relationship?

What potential outcomes come from conflict avoidance?

How does healthy/unhealthy dealing with conflict impact the effectiveness of the mission?

# SESSION FOUR

## HEALTHY HABITS

Habit Three: Healthy churches make decisions in a healthy way.

Habit Four: Healthy churches focus primarily on those outside the church.

## KEY POINTS

The why behind what we do & how matters more than the what & how.

The why behind what we do must be aligned with scripture, denominational heritage, and identity.

Focusing too much on method we forget the mission and theology of why.

Healthy churches make decisions for the right reasons, the right way, and to the best of their ability.

The church exists primarily for those outside of it.

The church is God's chosen vessel to bring the Gospel to the world in this time. Go, make disciples.

Mature Christians set aside their preferences for less mature Christians.

The church is a missional organization.

How have you seen decisions made well/poorly?

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What is the mission of your church? How would you articulate the mission in your own words?

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How does focusing too much on method distract us from our mission?

What are you willing to give up so the church exists for your children, your grandchildren, and their children?

How have many churches become consumeristic?

# SESSION FIVE

## HEALTHY HABITS

Habit Five: Healthy Churches value process.

Habit Six: Healthy Churches focus on adoption over assimilation.

## KEY POINTS

Process matters more than results.

Churches tend to under process conflict and over process everything else.

Process allows for change and learning.

Process protects from reactionism.

Unhealthy cultures expect specific beliefs and behavior before offering belonging.

Healthy churches cultivate cultures of belonging.

How would you describe a healthy process?

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How can process protect from reactionism?

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How have you experienced feeling like an outsider?

How would you describe a culture of belonging?

How can we grow in the area of creating a stronger culture of belonging?

# SESSION SIX

## HEALTHY HABITS

Habit Seven: Healthy Churches are not territorial.

## KEY POINTS

We are to value stewardship of all that God has given us.

Everything should be viewed as shared space.

Healthy churches use their buildings and resources as much as possible for Kingdom purposes to reach the community.

Beware of idolatry of resources or building worship.

Habits of healthy churches help cultivate a culture of health.

Creating and sustaining a culture of health requires intentionality.

Cultivating a healthy church culture allows for longevity of effectiveness on mission.

In what ways are your church's resources and building being used for the Kingdom and to reach the community?

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What evidence of territorialism do you see in your context?

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In which of the 7 habits of healthy churches does your church show evidence of health?

In which areas are their opportunities for growth?

What would intentionality of creating and sustaining a healthy church culture look like in your context?



# RESOURCES

## PREPARING FOR AMAZEMENT MINISTRIES RESOURCES

Habits of Healthy Churches Discussion Guide

Habits of Healthy Churches Sermon Series

Voices in the Wilderness Podcast

Preparing for Amazement blog

[amazed15.org](http://amazed15.org)

<https://www.tablegroup.com/product/the-advantage/>

