

WHY

START

WITH

HEALTHY?

BY JASON HELVESTON

WHY

**START
WITH
HEALTHY?**

BY JASON HELVESTON

WHAT IS HEALTHY?

The Apostle John summarizes the gospel's message as the reality that **"God is light, and in him is no darkness at all"** (1 John 1:5b). This light is not simply an existential idea of truth. John invites his readers to **"walk in the light, as [God] is in the light"** (v.7). In fact, he says that's where we have fellowship with each other and enjoy the fullness of Christ's redemptive work.

That's healthy.

Healthy is fellowship in the light. I think that's what John is getting at. Real healing and wholeness happen when truth and love are in harmony. Yet many of our communities and churches pursue one and unintentionally neglect the other.

Perhaps your church celebrates God's holiness and disciplines people to know, love, and obey the ageless doctrines of the Christian faith. But when these values aren't balanced with grace and friendship, they drive away the curious and wounded.

Maybe your organization is a place of belonging and being—everyone is welcome. It's a community of acceptance and joy. But love is meant to shape us into the likeness of the one who is truth, Jesus Christ.

You see? Sometimes, we walk in the light but don't have genuine fellowship. Other times, we have fellowship, but only because a lot stays in the dark.

That's why we **start with healthy.**

1.

WE START WITH HEALTHY BECAUSE THAT'S WHAT LEADS TO FRUITFULNESS.

Jesus explained to his disciples that "*a healthy tree bears good fruit*" (Matthew 7:17). Now, fruitfulness can mean many things. The fruit of the Spirit. The numeric growth of our churches. The creation of businesses and sharing resources that bless our neighbors. But no matter what fruit God desires to produce in our lives and organizations, it always starts with healthy.

2.

WE START WITH HEALTHY BECAUSE WE BECOME WHAT WE BEHOLD.

During his Sermon on the Mount, Jesus talks about serving God, not money ... or, really, *Mammon*. He uses the eye as an illustration. "*The eye is the lamp of the body,*" Jesus says, "*So, if your eye is healthy, your whole body will be full of light ...*" (Matthew 6:22). Canadian philosopher Marshall McLuhan understood that "We become what we behold. We shape our tools, and then our tools shape us." Daily Mammon courts our attention and invites us to trust in its power and provision. And if we don't start with healthy, we'll confuse its voice for the voice of our Heavenly Father.

3.

WE START WITH HEALTHY BECAUSE REAL GROWTH TAKES TIME.

Pastor Gordon MacDonald said we should all plan to do our best work in our seventies. I like that. But I haven't always. Why? Because it swims against the idea's impact and immediacy in which most of our ministries swim. But fruit doesn't grow overnight. The Apostle Paul encouraged the church in Galatia that what we sow, we'll reap, but it would take time. And so Paul says, *“let us not grow weary of doing good, for in due season we will reap, if we do not give up”* (Galatians 6:9).

Why Start With Healthy?

Jason C. Helveston

SCHEDULE A CALL.

**I'D LOVE TO HELP YOU AND YOUR COMMUNITY
START WITH HEALTHY AND STAY HEALTHY.**

terracottaconsulting.com
jason@terracottaconsulting.com
773.220.1473