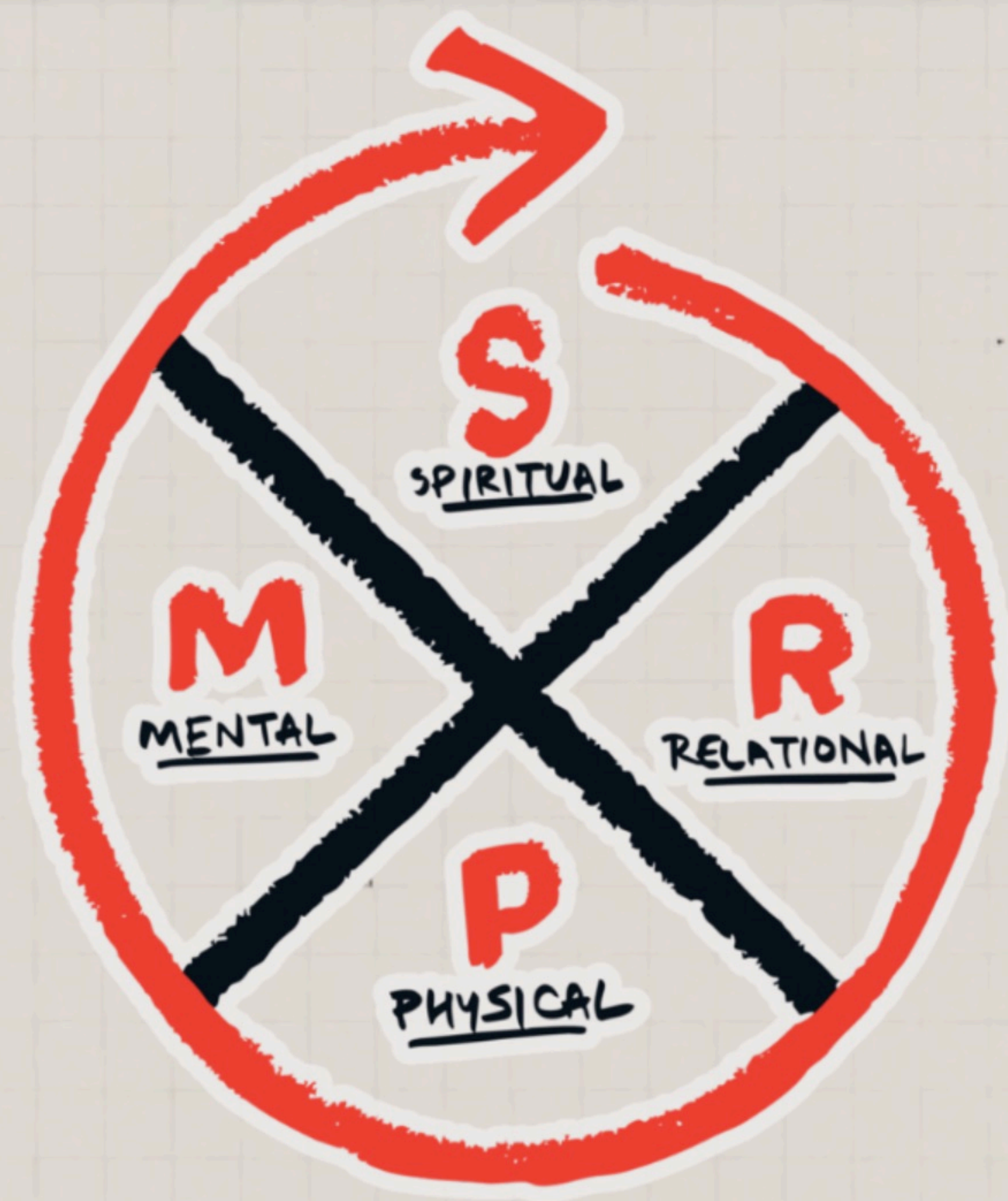
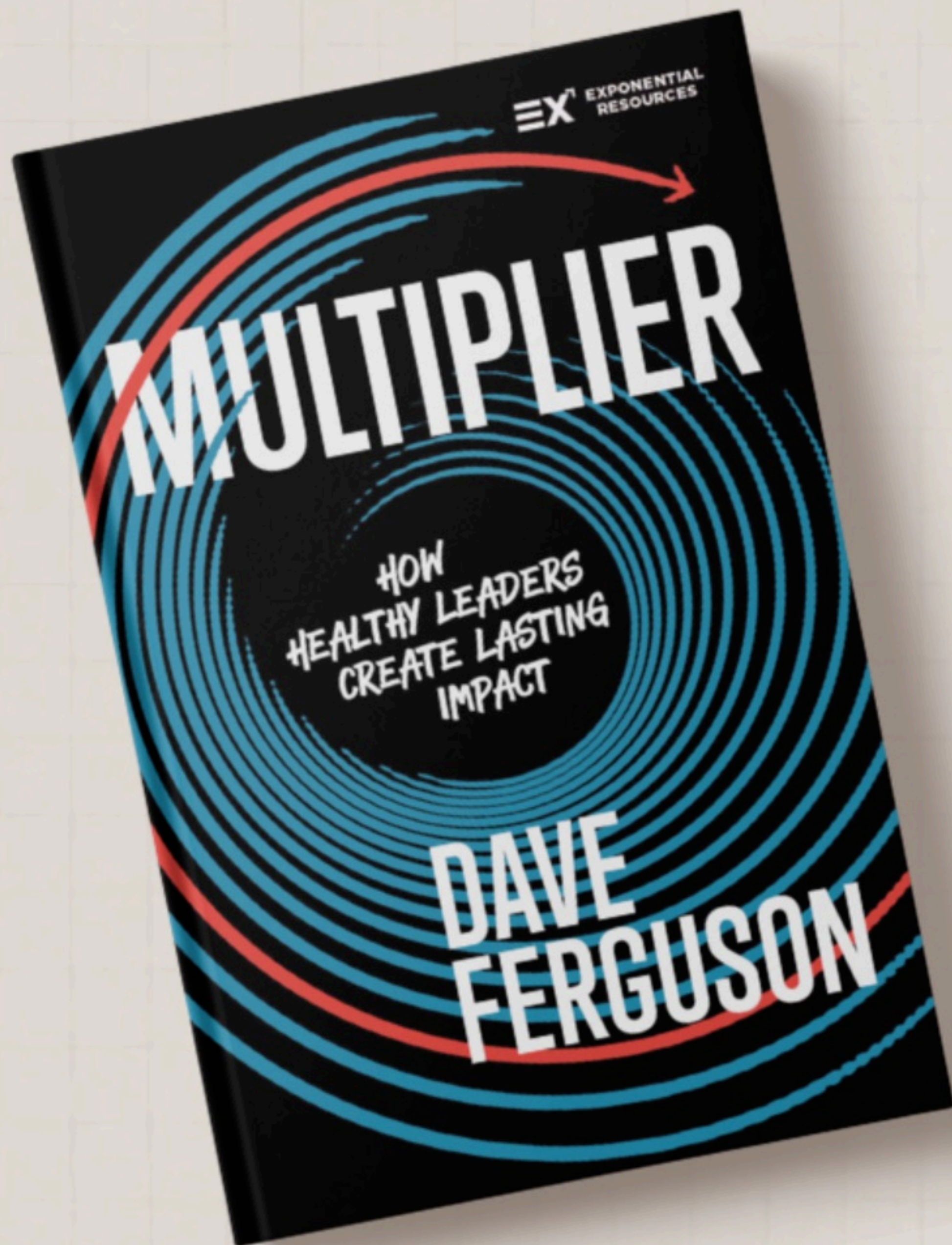




RPMS

THE
**INNER
LIFE**



**“You reproduce who
you are and what
you do”**

R



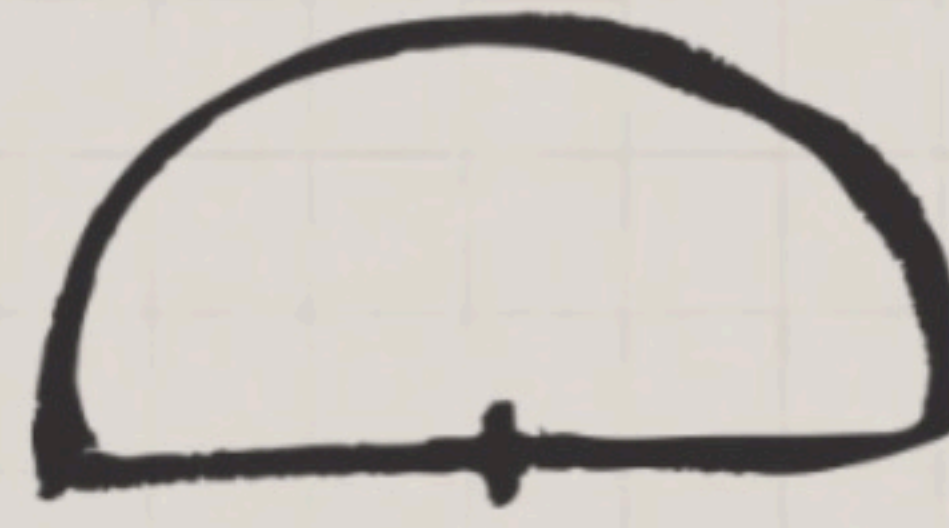
**Relational
Health**

P



**Physical
Health**

M



**Mental
Health**

S



**Spiritual
Health**

Jesus grew in wisdom
and in stature and in
favor with God and all
the people.

R
RELATIONAL

**“Grew in
favour with
man”**

P
PHYSICAL

**“Grew in
stature”**

M
MENTAL

**“Grew in
wisdom”**

S
SPIRITUAL

**“Grew in
favour with
God”**

THE DANGER OF DRIFT

“We start out with a commitment to our own well-being and a bold vision, but somewhere along the way we tend to drift... The flesh battles us from within, wielding our own corrupted desires and disordered passions against us, pulling us toward choices that damage our physical, emotional, and spiritual well-being”

Dave Ferguson, Multiplier

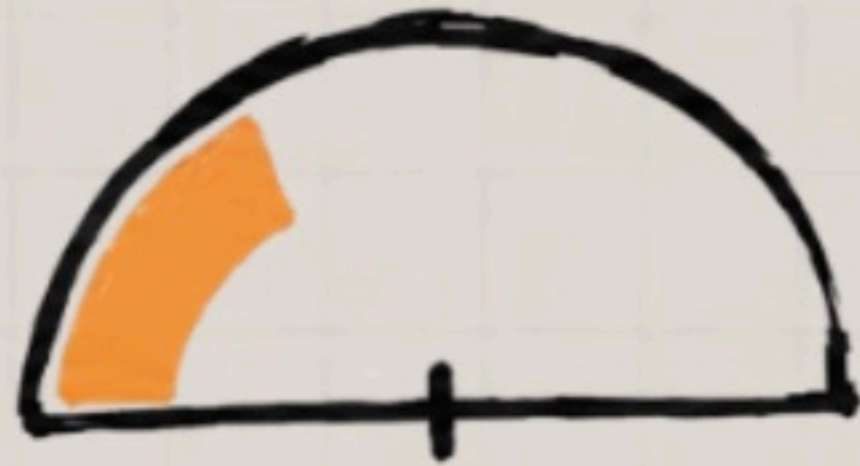
**Our Destination:
Becoming more like Jesus**

Check your RPMS



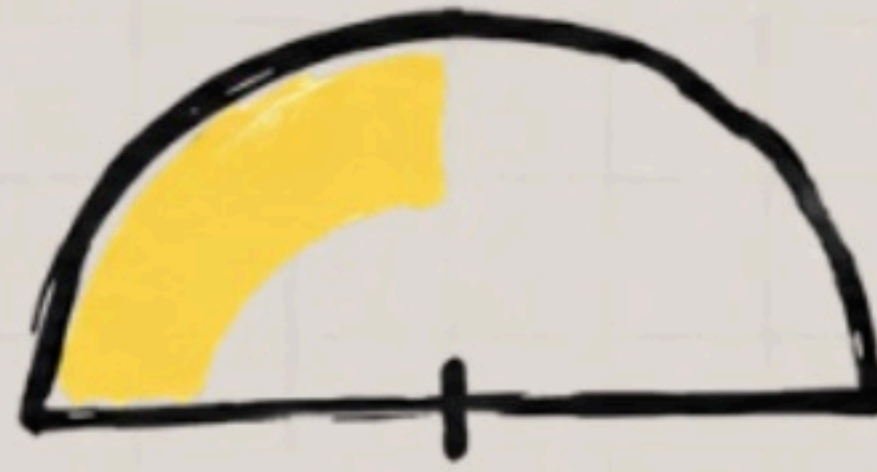
EMPTY

NEED HELP
NOW.



1/4

NEEDS
FOCUSED
WORK.



1/2

SOMETHING'S
OFF.
PAY ATTENTION.



3/4

SOLID BUT
ROOM TO
IMPROVE.



FULL

THRIVING AND
CONSISTENT.

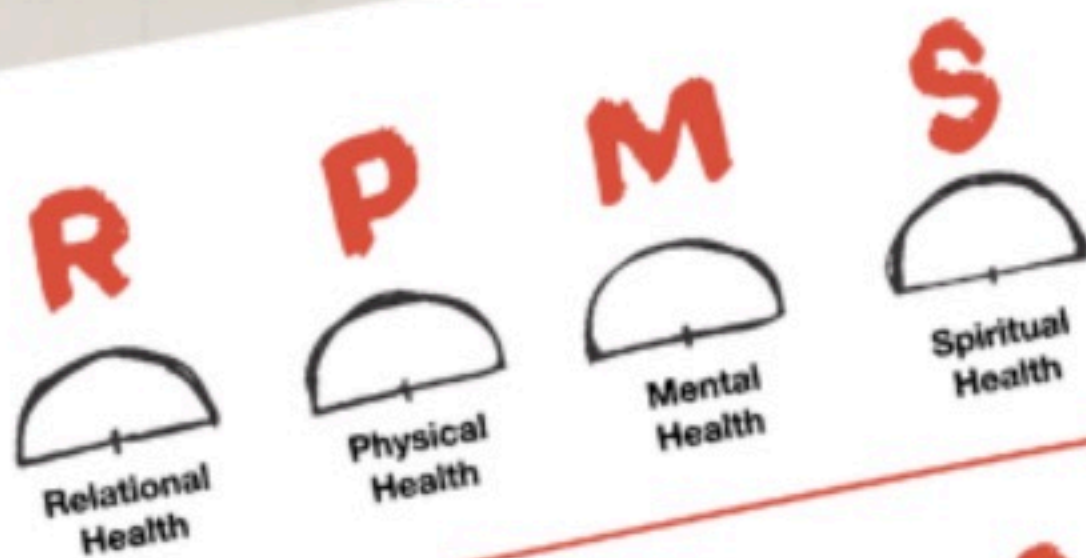
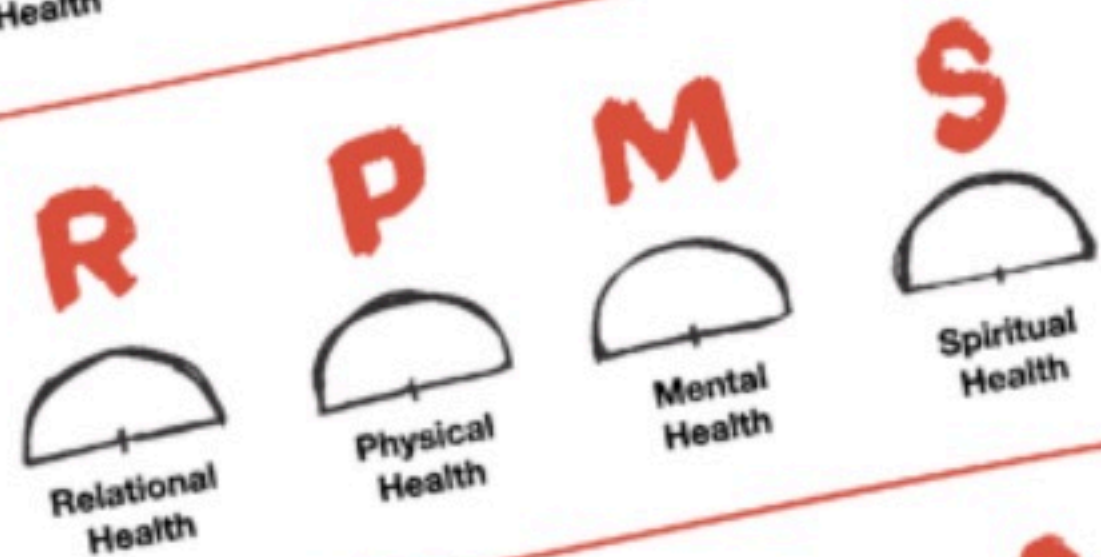
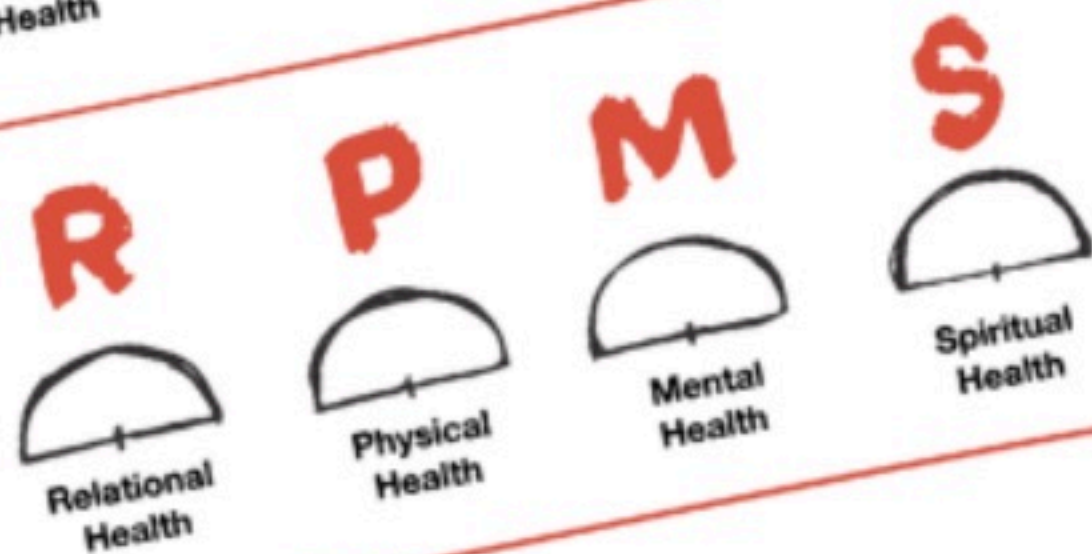
Check your RPMS

Check your RPMS every day this week to identify where God is inviting you to grow, so you can reproduce the life of Jesus in **yourself** and **others**

EXAMPLE

DAY 1

DAY 2



REFLECT ON THE RPMS:

RELATIONAL: Are my closest relationships life giving? Who needs more of my time or attention?

PHYSICAL: Am I eating well, exercising, and getting enough sleep to feel energised?

MENTAL: Am I guarding my mind? How am I feeling? Am I dwelling on what's true and good?

SPIRITUAL: Am I hearing from God and responding with obedience? Am I living on Mission?

THE
INNER
LIFE

INNER
LIFE

Relational
Health

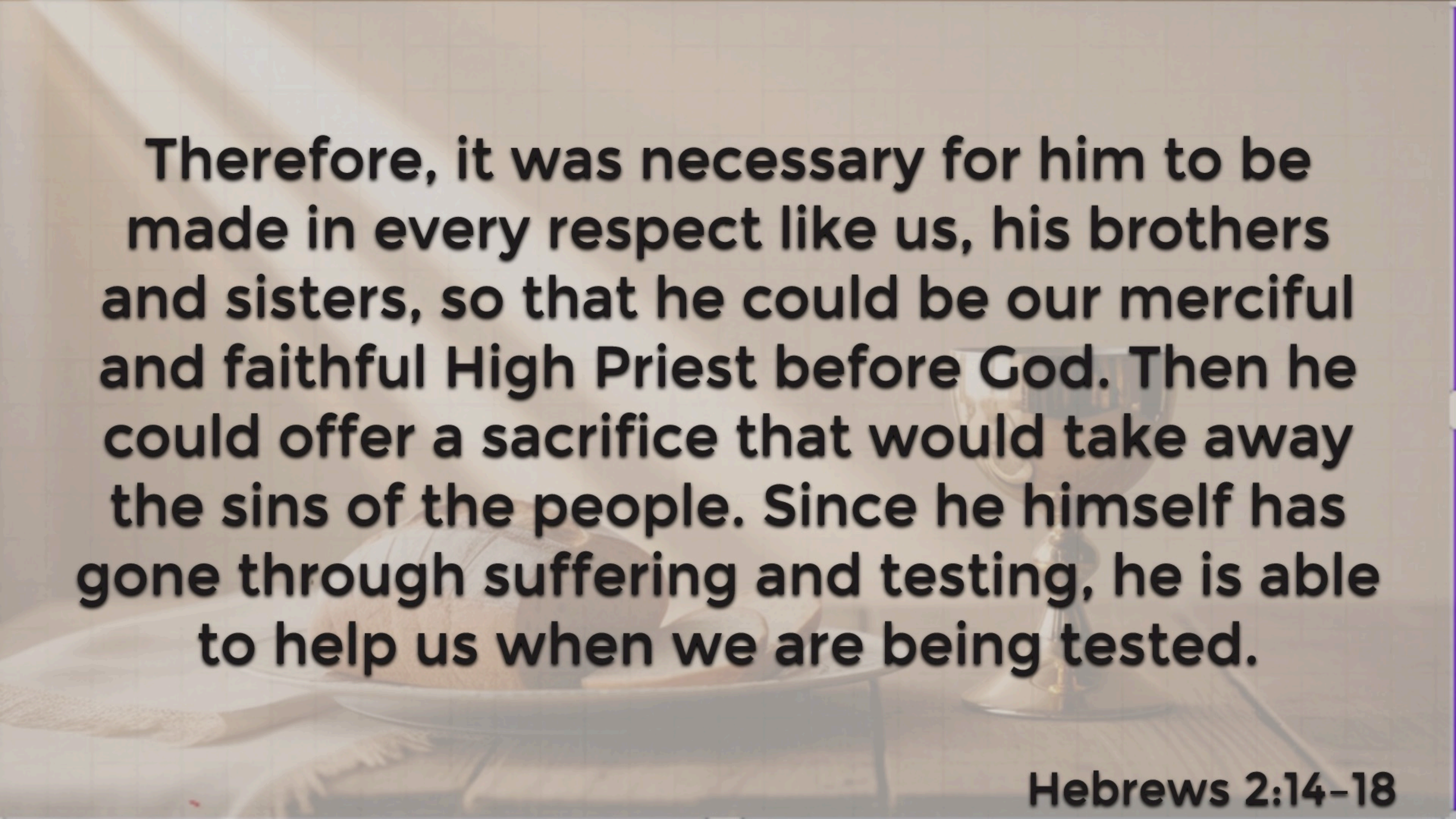
Physical
Health

Mental
Health

Spiritual
Health

Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. Only in this way could he set free all who have lived their lives as slaves to the fear of dying. We also know that the Son did not come to help angels; he came to help the descendants of Abraham.

Hebrews 2:14–18



Therefore, it was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. Then he could offer a sacrifice that would take away the sins of the people. Since he himself has gone through suffering and testing, he is able to help us when we are being tested.

Hebrews 2:14-18



DISCUSSION QUESTIONS

1. Where are you drifting?
Is there an area of your life where you feel you're running on empty or have lost focus?

2. How are your RPMS gauges?

In Luke 2:52, Jesus grew in wisdom, stature, and favour with God and people. Which area (Relational, Physical, Mental or Spiritual) needs your attention right now?

3. What is Jesus saying, and what will you do about it?
What is one practical step you can take this week in response to what Jesus is showing you?