



NORTH FORT BEND
CHURCH OF CHRIST

What GOD Expects from YOUNG ADULTS *Summer Series* 2025



Agenda

Introduction – “What is ‘Grown’?”

Stewardship vs Management

Relationships

Health

The Future is Now

What GOD Expects from YOUNG ADULTS

What does “I am grown” mean?

VS.

What does “being grown” mean?

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Setting Priorities

Proverbs 3:9-10 (NIV): “(9) Honor the Lord with your wealth, with the **firstfruits** of all your crops; (10) then your barns will be filled to overflowing, and your vats will brim over with new wine.”

Matthew 6:33 (NIV) “But **seek first HIS kingdom and HIS righteousness**, and all these things will be given to you as well.”

- Putting GOD first in the beginning for everything that is done determines long term peace and blessings: Time – Talent – Treasure
- Start your day, goals, and priorities with God. Time with Him comes first, not last.
- Last week?....This week, examine your use of:
 - Time – . . . surrendered to GOD? -
 - Money - . . . give as you prosper?
 - Talents – . . . using them to build GOD’s Kingdom?



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Health

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Our Health with GOD

The most important relationship in the Bible is between **GOD** and **humanity**. Every other relationship flows from this one.

- **Matthew 22:37-38 (ESV):**

*“You shall love the Lord your GOD with all your heart and with all your soul and with all your mind. **This is the great and first commandment.**”*

- **James 4:8 (NIV):**

“Come near to GOD and he will come near to you.”

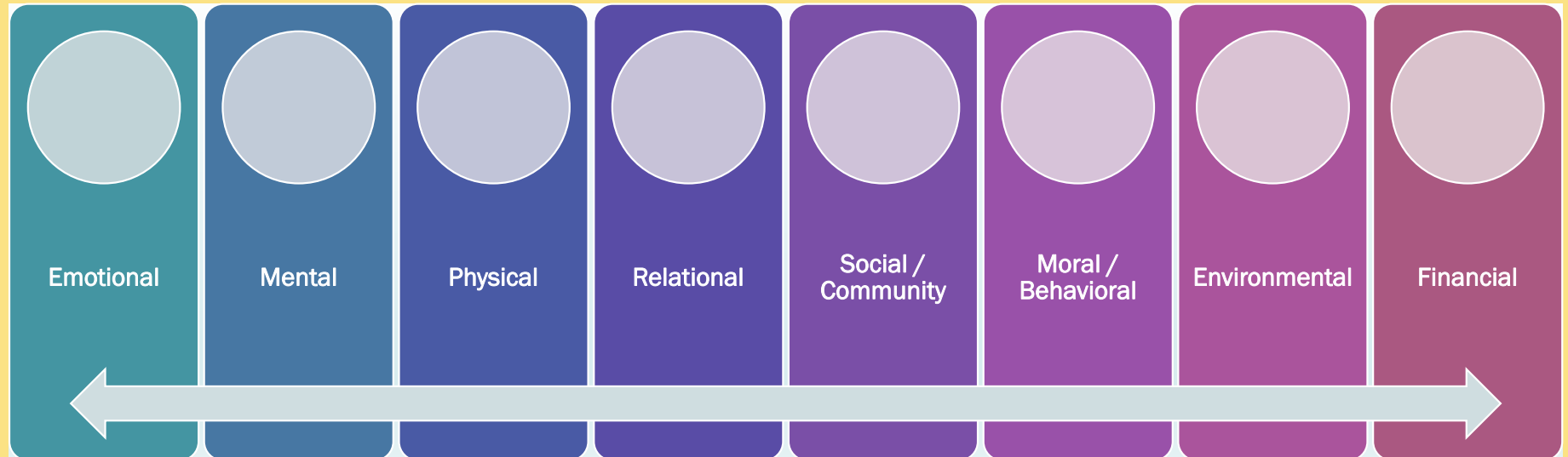
A restored relationship with GOD through **Jesus Christ** is the starting point of true love, healing, and peace in all other relationships.



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GOD's Healthy Wisdom

SPIRITUAL



What GOD Expects from YOUNG ADULTS

Spiritual Health

Definition: A life aligned with God's will, marked by repentance, prayer, obedience, and faith.

Key Scriptures (NIV):

- **Proverbs 3:7-8** – “Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones.”
- **3 John 1:2** – “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”
- **Psalm 51:10** – “Create in me a pure heart, O God, and renew a steadfast spirit within me.”

Indicators:

- Growing faith and godliness
- Daily communion with God
- Trust in God's promises

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Emotional Health (*Heart and feelings*)

Definition: Stability and healing of emotions such as grief, fear, anger, joy, and hope.

Key Scriptures (NIV):

- Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
- Ecclesiastes 3:4 – “a time to weep and a time to laugh, a time to mourn and a time to dance,”
- Proverbs 15:13 – “A happy heart makes the face cheerful, but heartache crushes the spirit.”

Biblical Encouragement:

- God cares about your emotional pain
- Jesus wept (John 11:35) and showed compassion
- Healing comes through prayer, community, and worship

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Mental Health (*Mind and thoughts*)

Definition: Sound thinking, decision-making, and managing anxiety, confusion, or oppression.

Key Scriptures (NIV):

- **Isaiah 26:3** – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”
- **Romans 12:2** – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”
- **2 Timothy 1:7** – “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Biblical
Encouragement:

- Replace lies with truth
(John 8:32)

- Take thoughts captive
(2 Corinthians 10:5)

- Trust God over
circumstances
(Proverbs 3:5-6)

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Physical Health

Definition: Honoring God with the body through care, rest, and healthy choices.

Key Scriptures (NIV):

- **1 Corinthians 6:19-20** – “19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.”
- **Proverbs 17:22** – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”
- **Exodus 15:26** – He said, “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.”

Biblical Habits:

- Moderation and rest
- Avoiding gluttony, immorality, and defilement
- Trusting God for healing and practicing wisdom

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What do I put in my coffee?



1.



2.



3.



4.



5.



6.

1. Cocaine
2. Sugar
3. Flour
4. Salt
5. Garlic
6. Heroin

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Relationship Health (*One-on-one relationships*)

Definition: Loving, forgiving, and growing in personal relationships (family, friends, marriage, etc.).

Key Scriptures (NIV):

- **Ephesians 4:32** – “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- **Colossians 3:13** – “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
- **1 Peter 3:8-9** – “Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. 9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”

Healthy Signs:

- Forgiveness and reconciliation
- Communication and respect
- God at the center of personal relationships

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Social / Community Health (*How we relate to society and groups*)

Definition: Living in peace, justice, and kindness in broader community relationships (church, neighbors, culture).

Key Scriptures (NIV):

- **Romans 12:18** – “If it is possible, as far as it depends on you, live at peace with everyone.”
- **Micah 6:8** – “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God..”
- **Acts 2:44-47** – “44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.”



¹⁵Healthy Signs:

- Active participation in community
- Fairness, humility, hospitality
- Avoiding gossip, division, or favoritism

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Intellectual Health (*What is The Truth*)

Definition: Truth is Spirit-led — the Holy Spirit guides believers into all truth (John 16:13).

Key Scriptures (NIV):

- **John 14:6** – “Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”
 - This means that truth is not just a set of facts or moral principles; it is embodied in Jesus Himself — His nature, His words, His actions, and His sacrifice.
- **Truth Is Not Always Welcomed.** Biblical truth can be uncomfortable or unpopular. Paul warned:
 - **2 Timothy 4:3–4** – “For the time will come when they will not endure sound doctrine... and they will turn their ears away from the truth,..and be turned aside to fables.”
- If you're seeking truth, the Bible doesn't just define it — it invites you into a relationship with it:
 - **John 18:37** - “Everyone who is of the truth hears My voice.”

¹⁶Healthy Signs:

- Truth challenges us, calls for repentance, and demands faith.

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Rescuable Food Scenarios

% of Food Waste Rescued	Pounds Rescued (billions)	People Fed	% of Hungry People Fed
25%	36.95	33.6 M	~71%
43.5% (Break-even)	64.94	47.4 M	100%
50%	73.9	67.2 M	~142%
75%	110.85	100.7 M	~212%

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Moral/Behavioral Health

Definition: Living in integrity and resisting sin through the power of the Holy Spirit.

Key Scriptures (NIV):

- **Galatians 5:16** – “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”
- **Micah 6:8** – “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”
- **Romans 12:2** – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Healthy Signs:

- Obedience to God's commands
- Conscience aligned with the Word
- Resisting temptation and walking in purity

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Environmental Health

Definition: Caring for the earth and God's resources with wisdom, justice, and responsibility.

Key Scriptures (NIV):


- **Genesis 2:15** – “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”
- **Psalm 24:1** – “The earth is the Lord's, and everything in it, the world, and all who live in it;”
- **Proverbs 12:10** – “The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel.

Healthy Signs:

- Stewardship, not exploitation
- Sustainable living; Care for animals and land
- Responsibility for community needs

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Environmental Impact of Rescuing Edible Food Waste (U.S.)

 If we rescue:

Rescued Food	GHG Emissions Avoided (CO ₂ e)	Water Saved	Land Use Reduced
25% (~7.5M tons)	~32.5 million metric tons	~6.7 trillion gallons	~2.5 million acres
50% (~15M tons)	~65 million metric tons	~13.5 trillion gallons	~5 million acres
75% (~22.5M tons)	~97.5 million metric tons	~20 trillion gallons	~7.5 million acres

 These are estimates based on data from ReFED, NRDC, and the World Resources Institute.

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Financial Health

Definition: Faithful stewardship of God's resources, avoiding debt, giving generously, and trusting God for provision.

Key Scriptures (NIV):

- **1 Timothy 6:10** – “For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.”
- **Luke 16:10-11** – “10 Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. 11 So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?”
- **Matthew 6:24** – “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”

Healthy Signs:

• Avoiding debt and greed (Romans 13:8, Proverbs 22:7)	• Contentment and diligence (Philippians 4:11, Proverbs 10:4)	• Planning and budgeting (Luke 14:28)	• Tithing and generosity (Malachi 3:10)
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Household-Level Impact

Metric	Estimate
% of food wasted per household	~18% of food purchased
Avg. cost per household/year	\$1,866
Avg. cost per month	~\$155
For a family of 4	\$1,500–\$2,000/year
Potential savings (30% cut)	\$500–\$600/year

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Breakdown: **Rescuable Food by Sector** (2023 – ReFED Estimates)

Sector	% of Total Waste	Est. Rescuable % (of its own waste)	Est. Rescuable Tons	Notes
 Households	48–50%	~15–20%	~5.5–7.4 M tons	Small, scattered amounts; recovery hard
 Retail	~13%	~50–60%	~7.2–8.6 M tons	Unsold but safe food; donation potential
 Food Service	~21%	~30–40%	~4.6–6.2 M tons	Overproduction, buffet waste, spoilage
 Manufacturing	~16%	~60–70%	~7.1–8.3 M tons	Packaging errors, off-spec items
TOTAL	100%	—	~25–30 M tons	Best-case edible/rescuable estimate

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Government & Economic Costs

Category	Annual Cost Impact
Disposal (landfill/incineration)	~\$12 billion
Environmental impact	~\$30–50 billion
Lost resources (water, energy)	~\$150–200 billion
Total national waste cost	\$382 billion/year

Government-Level Potential Savings (50% reduction goal)

Area	Est. Annual Savings
Waste hauling + landfill	\$6–8 billion
Offsets to food assistance (SNAP)	\$5–10 billion
Environmental + resource savings	\$10–15 billion
Hunger mitigation	\$8–12 billion
Total possible savings	\$30–45 billion/year



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