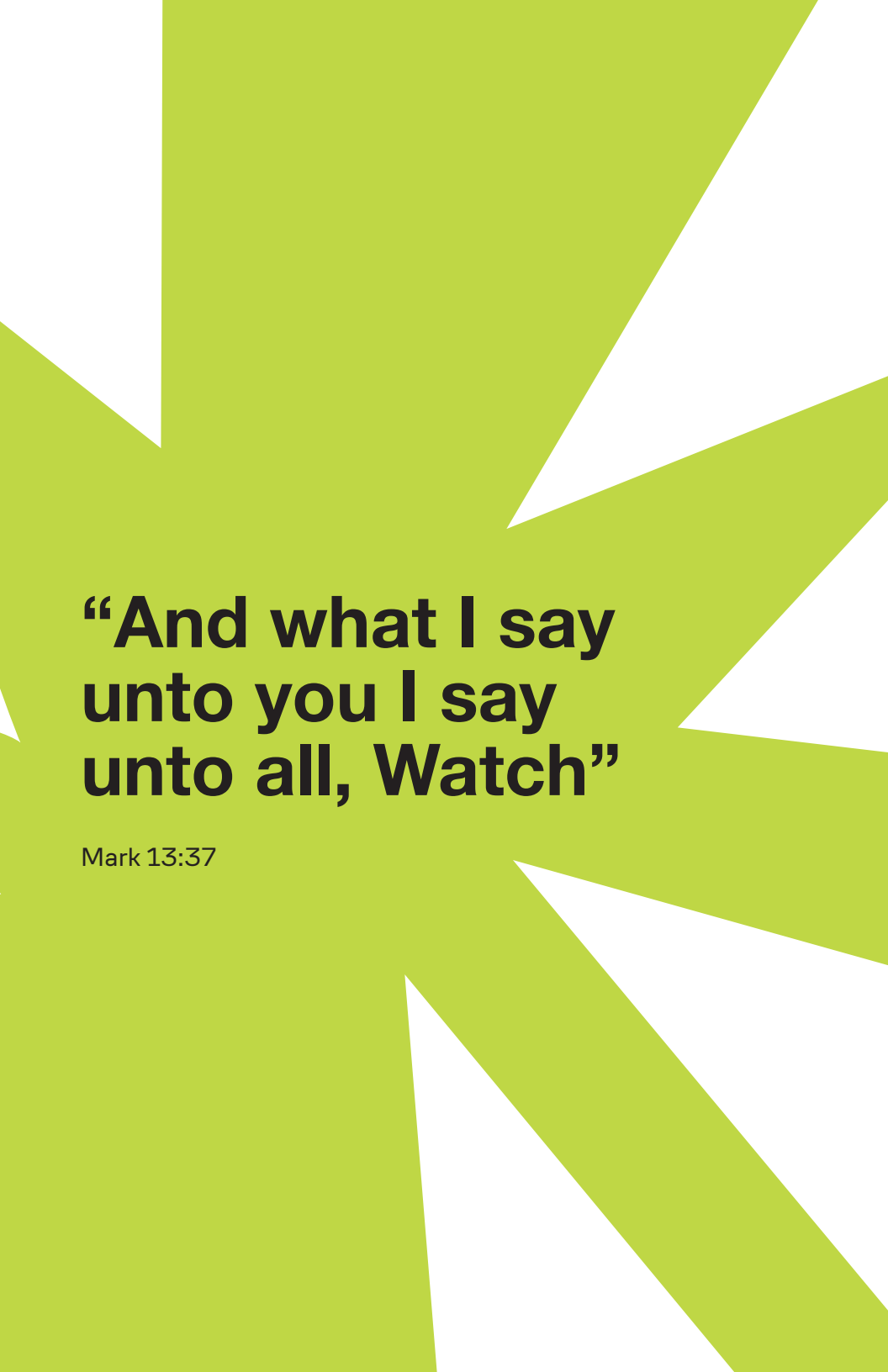




Evgeny
Peresvetov

Instructions for a
Healthy Christian Life

The Standard



**“And what I say
unto you I say
unto all, Watch”**

Mark 13:37

This book provides clear and straightforward guidance for a healthy Christian life, applicable to every individual without exception. It is primarily addressed to those who consider themselves to be a part of IRC Churches.

The IRC Church believes that the essence and foundation of a Christian life **is spiritual alertness.** This principle was established by Jesus Christ Himself in the Gospels and affirmed by His apostles in their letters.

“And what I say unto you I say unto all, Watch” (Mark 13:37)

— these are the words of Jesus Christ to all future Christians.

If you have accepted Jesus Christ as your personal Lord and dedicated your life to Him, the main focus and foundation of your Christian walk should **be spiritual alertness.** The goal of this booklet is to present clear and essential principles that succinctly and comprehensively convey what it means to live **a spiritually alert** life.

The teachings and instructions of the New Testament, given by Christ and confirmed by the apostles, are summarized here in seven key points. These principles are essential for every Christian’s practice. They are meant to become the framework of your Christian life. In essence, these principles define what Christianity truly is.



Important!

These principles are not exclusive to church leaders or select groups of people — **they are the minimum standard for anyone who calls themselves a Christian.**

Adhering to these principles guarantees a spiritually healthy life; in contrast, neglecting them almost certainly leads to the opposite.

The Christian life is clearly described in the Gospels by Christ Himself. It must be acknowledged that this life is not the easiest path. Jesus did not conceal this, when declaring: **“Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.” (Matthew 7:13-14).**

This book explains the specific efforts and discipline required for this path.

Love the Lord

To inherit eternal life, one must fulfill the greatest commandment: **“You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself.”** (Matthew 22:37–39).

Jesus highlighted two commandments. This section focuses on the first: “Love the Lord.”

The love that Christ demonstrated and expects in return is a relationship that requires sacrifice. Consistently practicing these spiritual disciplines allows Christians to experience the tangible presence of God, His power, and real miracles.

1. Overcoming Sin

When a believer decides to follow Christ, they adopt a new model for their transformation—the example of Jesus Christ and the new standards for their life.

The Bible identifies a vast number of actions, behaviors, and attitudes as sin.

Sin (from the Greek word «Hamartia») translates to «missing the mark.» **Actions the Bible defines as sinful spiritually harm and ultimately destroy a person.**

There are many modern sins not explicitly mentioned in the Bible, such as drug addiction, various forms of sexual immorality, smoking, and other harmful dependencies. A believer is called to abandon these sins. The Bible also teaches that some sins are evident, while others are revealed over time. Among these are invisible but heavy sins like hatred, enmity, and envy, which we strive to overcome.

It's worth noting that the New Testament holds a strongly negative view of alcohol, which leads to debauchery (Ephesians 5:18), as well as any sexual relationships outside of marriage, including the consumption of pornography (Matthew 5:28).



If you commit a sin, you must repent personally before God.

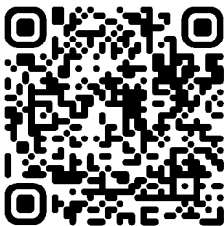
Ask God for forgiveness for your actions, as the Bible promises forgiveness when we repent sincerely.

Insincere repentance occurs when you knowingly plan to repeat the sin (e.g., asking for forgiveness after drinking alcohol while intending to drink again). In such cases, if you are unable to break free from sin, the church encourages confession of your sin to its ministers. This can help you overcome sin with the support of spiritually mature individuals.

If the sin becomes chronic or is particularly serious—ruining your life or, worse, negatively impacting others—you are encouraged to schedule a meeting with an I-Team home group leader or one of the church deacons to confess and seek assistance.

The church ensures the confidentiality of confession, except in cases required by law or instances involving the need to publicly condemn immoral actions by church ministers. In rare cases, this may extend to church members if the sin endangers the reputation and dignity of the church, threatens the health or lives of others—particularly children—or jeopardizes family integrity.

To support a pure lifestyle, the New Testament encourages an active spiritual life and frequent fellowship with spiritually mature Christians (1 John 1:9; Hebrews 10:25).



You can connect with one of the home groups I-Team by calling (425) 515-0788, scanning the QR code, or joining a ministry or project.

For more information, call (425) 515-0788.

2. Prayer

One of the most essential tools for every Christian is regular communication with the Creator. Just as communication is vital in a family, prayer is an indispensable element of spiritual life. Without regular prayer, your spiritual life becomes hollow, vulnerable, and ultimately disconnected from God.

Jesus said: **“Watch and pray, lest you enter into temptation...” (Matthew 26:41).**

**A CHRISTIAN LIFE WITHOUT
REGULAR PRAYER IS DEAD
AND DOOMED!**

A spiritually healthy Christian:

- Has a personal prayer time—a “secret place.” This is a regular time for prayer (Matthew 6:6). Make an effort to pray every day. In your “secret place,” you are alone, speaking to God in your own words and seeking a spiritual connection with Him (**“so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us.” Acts 17:27**) For some, this may be 10–15 minutes a day; for others, it could be an hour.
- Prays in tongues as part of personal prayer. The Apostle Paul encouraged us to pray frequently in the Spirit. **“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for**

the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are called according to His purpose.” (Romans 8:26–28).

Personal prayer in tongues allows the Holy Spirit to pray through and for us according to God’s will, preparing us for what lies ahead. To learn more about the Baptism of the Holy Spirit and prayer in tongues, scan the QR code.



- Prays together with the church during services and special prayer gatherings.

Join the church’s prayer chain by committing to a specific time slot. To select a time, contact us at (425) 515-0788.

Additionally, attend the church’s prayer meetings every Friday. You can find all the latest information on our website: ircusa.church or by calling (425) 515-0788.

3. Fasting

Fasting is a mandatory and regular spiritual practice for every Christian.

It involves complete or partial abstinence from food to focus on drawing closer to God.

Jesus explained the absence of fasting in the lives of His disciples by comparing it to a wedding celebration. As the bridegroom (a title He used for Himself) was present on earth at that time, fasting was unnecessary. However, He later declared that when the bridegroom is taken away, His followers will fast.

In another situation, when His disciples failed to cast out a demon, Jesus rebuked them for their weak faith, attributing their loss of spiritual strength and faith to their lack of fasting and prayer. If you are a healthy Christian and intend to remain so, fasting is a requirement. Conversely, if you do not fast, you cannot claim to be living a complete Christian life.



The IRC Church fasts once a week — every Thursday.

To learn more about how to fast and additional church fasting practices, contact the leader of your local I-Team home group or call (425) 515-0788. You can also schedule a consultation at the church office by calling (425) 515-0788.

4. Studying God's Word

“Let My words remain in you...” — Jesus' command. Regularly reading and listening to the Bible, meditating on its words, and applying them in your life is the essence of Christian living. Without engaging with the Bible, we leave our worldview sinful and unrenewed. Develop a habit of consistent Bible reading and reflection, starting with the New Testament, followed by the Old Testament. Additionally, revisit sermons from church pastors and discuss them in your I-Team home groups for practical understanding and application.



To find your nearest I-Team home group, scan the QR code.

Important!

These four simple points are not recommendations for those who wish to grow spiritually.

THEY ARE MANDATORY PRACTICES, DEFINED BY CHRIST AS THE ONLY TRUE FRAMEWORK FOR CHRISTIAN LIFE.



For assistance or consultation on any of these practices, please contact (425) 515-0788 or submit your question via the QR code.

Church ministers will gladly arrange a meeting, call, or provide up-to-date information to help address your concerns.

Love Your Neighbor as Yourself

Love for God cannot exclude love (and therefore service or sacrificial care) for others. Ignoring the needs and problems of those around us was strongly condemned by Christ. In fact, at times, His condemnation was so categorical that it raised doubts about the eternal life of such «believers».

In the Gospel of Matthew, chapter 25, Jesus declares that He will divide «His flock» into sheep and goats, with the goats' fate being eternal destruction. The goats, as a metaphor, represent those who, despite knowing and believing in Jesus, refused to help the sick, the hungry, the naked, or the imprisoned. Although they believed in Jesus, they failed to live out His command to love their neighbor.

When Jesus was asked the provocative question by the Pharisees: **“Who is my neighbor that I must love?”** He responded with the parable of the Good Samaritan. In this story, the Samaritan, despite being a stranger, could not ignore the need of someone in distress (Luke 10:29–37).

A spiritually healthy Christian life includes serving others as a fundamental requirement! It is not optional—it is central to living out the faith in action.

Practical Steps for a Healthy Christian Life:

5. Evangelism

It is the responsibility of every Christian to bring people to faith in Christ—both those who do not know Him and those who have drifted away. The entirety of the Christian faith is built upon this mission: “Go and make disciples of all nations, baptizing them...” This statement, known as the Great Commission, is the central and final command that Jesus Christ gave to His followers before leaving this world. It is a task from which no one is exempt as long as they are alive. It remains as relevant today as it was then. Jesus also said: **“For whoever is ashamed of Me and My words, of him the Son of Man will be ashamed when He comes in His own glory, and in His Father’s, and of the holy angels.” (Luke 9:26).**



Staying silent about our faith in front of our friends and acquaintances is a form of being ashamed of Jesus. According to Christ, this is a spiritual catastrophe and a deliberate rejection of Him.

Many believers today avoid sharing their faith because it can be uncomfortable or seem impolite to impose their beliefs on others. However, remember: allowing people to walk away from salvation without hearing the Good News is, according to Christ, a far greater tragedy. Not everyone will agree with you. Not everyone will come to church or pray. But we must keep trying. After all, the very fact that you, the reader, believe in Christ is proof that evangelism works!

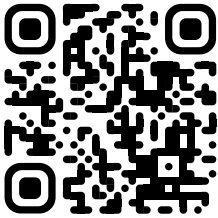
We strongly encourage you to find other believers to support and encourage each other in fulfilling the Great Commission. You can also join church projects such as “Heart to Heart,” which provides food for the homeless, or participate in youth and other ministry initiatives.

For more information, call (425) 515-0788.

6. Serving in and with the Church

The New Testament teaches us to love our neighbors, and this includes caring for the church. **Jesus said: “...I will build My church, and the gates of Hades shall not prevail against it.” (Matthew 16:18).** The apostle Peter adds: **“As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.” (1 Peter 4:10).**

Your talents, care, and support are always needed in the church community.



For the church to be strong, it must become an integral part of your life.

Find a place where you can contribute to your church by scanning the QR code or calling the church office at (425) 515-0788.

The book of Hebrews warns against neglecting church gatherings: “Let us not give up meeting together...” (Hebrews 10:25).

The New Testament affirms the sacredness of corporate worship and highlights the spiritual dangers of neglecting it.

A healthy Christian actively participates in their church services—not merely as an observer but as a contributor in worship, studying God’s Word, prayer, and other communal activities.



Each Christian is a stone in the building of their church family.

One critical aspect of serving the church is financial giving. At IRC, we believe in tithes and offerings, as the Bible teaches that the life and growth of the church, along with its ministry to the community, depend on our financial contributions (2 Corinthians 9:6–8).



We bring our tithes and offerings to the local church where we are spiritually nourished.

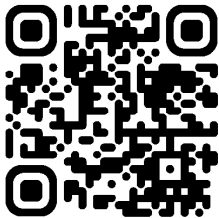
In our church, you can give through the church app by scanning the QR code or during Sunday services.

7. Pray for People!

As He was leaving this world, the resurrected Christ proclaimed: **“He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” (Mark 16:16-18).** One of these signs is prayer for healing and spiritual deliverance from demons.

If you live according to these seven principles of a spiritually healthy Christian, you can consider yourself spiritually strong. This strength empowers you to pray for others.

Practice praying for people! Do not hesitate to offer prayer to your friends, acquaintances, or even strangers when you see their need. Once, Peter and John, seeing a poor, sick man, said: **“Silver and gold I do not have, but what I do have I give you: In the name of Jesus Christ of Nazareth, rise up and walk.” (Acts 3:6).** The man was healed and came to believe in Jesus.



To learn how to pray for the sick or cast out demons, you can study through IRC Bible School.

Materials are available through (425) 515-0788, the QR code, or your local I-Team home group.

Jesus commanded us to pray for the sick and those
in distress.

**REMEMBER:
OUR RESPONSIBILITY IS TO PRAY,
AND GOD'S RESPONSIBILITY IS TO ANSWER!**

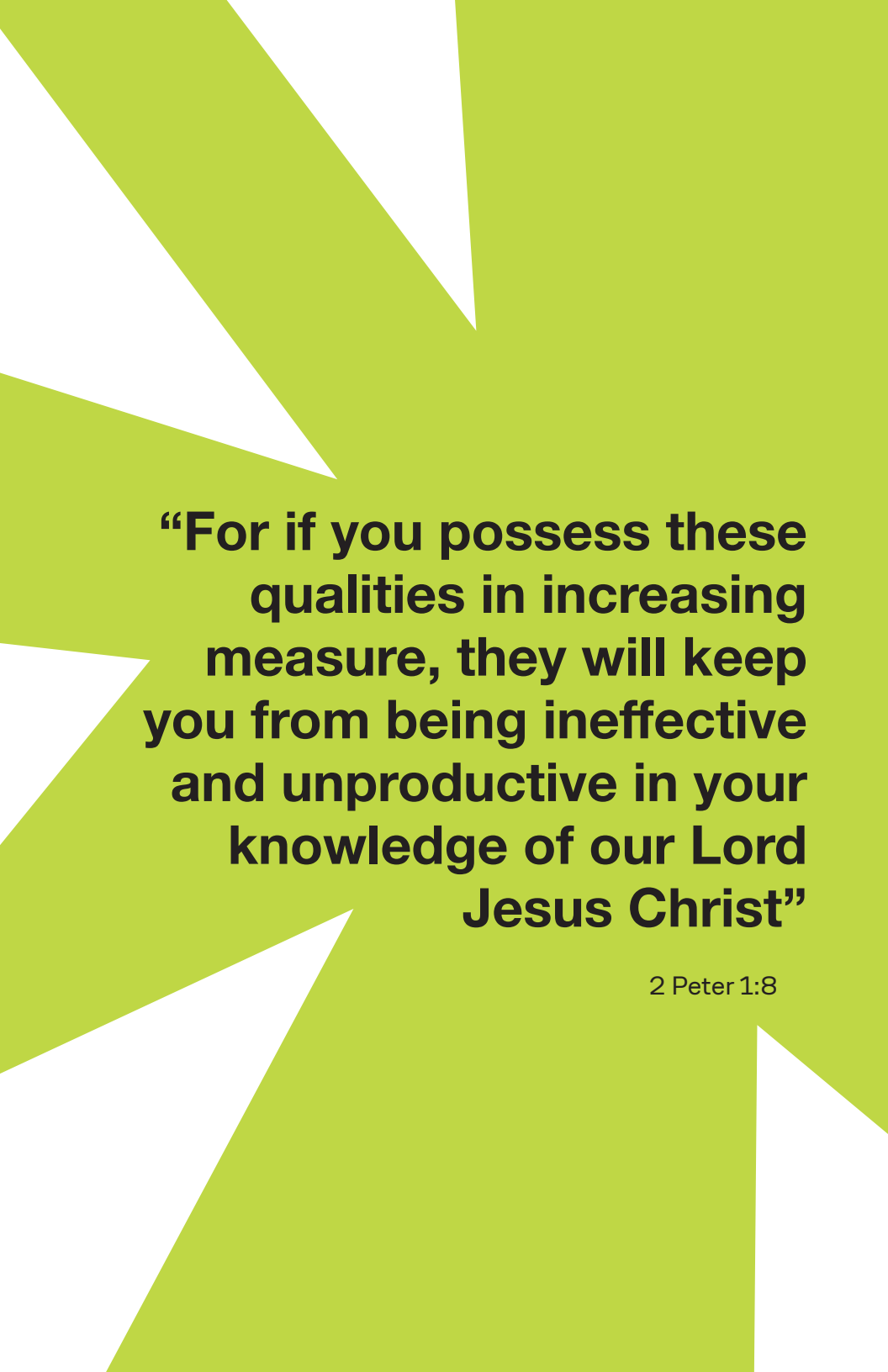
Let this thought encourage and strengthen you.

Friends!

These seven principles represent the only true framework for every Christian's life, regardless of denomination. Sadly, in today's world, many "Christians" have diluted or excluded some of these principles, with most treating them as optional. However, these principles are a spiritual thermometer that you can use to measure your spiritual health and ensure you're not in danger. The Apostle Paul encouraged believers to examine themselves: **"Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified."** (2 Corinthians 13:5).

Keep this book on your coffee table, share it with your growing children, and regularly evaluate your life based on these seven principles. If you approach this with honesty and sincerity, you will always be who you are called to be as a follower of Christ.

"For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ." (2 Peter 1:8).



**“For if you possess these
qualities in increasing
measure, they will keep
you from being ineffective
and unproductive in your
knowledge of our Lord
Jesus Christ”**

2 Peter 1:8



More info on our ircusa.church