



# Wellbeing

God's Plan For Your

## Spiritual Wellbeing

**Date:** Sunday 21st February

**Speaker:** Rosie McNeil

**Key Verses:** 1 Kings 17 - 19

### Talk Summary:

In 1 Thessalonians 5:23, Paul prays for the Thessalonian church *"May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ"* He wants them to be well in every area of life and this is what we are aiming for in this series. Becoming a Christian is just the start of the journey, and in order for us to enjoy spiritual wellbeing, we have to work on our relationship with God. Whatever place you are in, God wants to meet you and upgrade your spiritual wellbeing.

Elijah has hit rock bottom. All his dials are on empty. But even in Elijah's most desolate place, he hasn't turned his back on God; he's just given up on himself. And God who loves him, has not abandoned him. God knows what Elijah needs. He replenishes him physically and emotionally. But what Elijah needs is an encounter with the presence of God. So God invites him to travel 40 days and nights to Mount Sinai to meet with him.

### **Hunger**

If we want to improve our spiritual wellbeing, we need an increased hunger for God. It's possible to be spiritually depleted or stuck and not fully aware of it. By saying *"yes, I'll go to Sinai"* Elijah is expressing that he's hungry to meet with God and to hear His voice. We don't have to wait for a special occasion or place to meet God. Anywhere, any time, we can turn to God and have a fresh encounter with Him.

God loves it when we seek Him. Bill Johnson said *"God doesn't hide things from us, but for us"*. He wants us to seek Him because He has good things that He wants to reveal to us and good things for us to discover. James 4:8 says *"Draw near to God and He will draw near to you."*

Drawing near to God is about pursuing His presence in an active way. Deut. 4:29. *"But if (from there) you seek the Lord your God, you will find Him, if you seek Him with all your heart and with all your soul."* That

means we have to DO something. To see a breakthrough in your spiritual wellbeing, cultivate hunger. But don't let it stop at desire, make it a discipline to carve out time to be with God.

## Honesty

One of the reasons we sometimes hold back from people and from God too, is because we feel like we don't have our lives sorted. We feel like a mess on the inside. *But* God knows what's really going on, He knows exactly where you're at and He loves you anyway and when we get before Him we need to ditch the pretence and the hiding and encounter God in honesty and truth. Elijah felt safe enough in his relationship with God to pour out where he was The Lord loves honest conversations like this. Many of the psalms are laments, the psalmists in anguish pouring out their hearts to God

## Hearing

You might have heard preachers saying "One word from God will completely change your life." But if you walk with God on a daily basis, continually listening to Him and obeying Him, **that's** what will really change your life. It's not just about *one* word, it's about a daily listening to the voice of our heavenly Father. If you struggle to recognise God's voice, the more time we spend with God, the more we get to discern what is God and what isn't. Elijah has been used to miracles and spectacular displays of God's glory, but on Mount Sinai God wants to teach him something new - the still small voice. The number one way God speaks to Christians is on the inside. The problem is that we have a lot of other noise going on on the inside of us that means we can find it hard to discern when God is speaking. Pascal said "*All of humanity's problems stem from man's inability to sit quietly in a room alone*". It's not just noise inside of us - our culture is noisy with so much computing for our attention. We mustn't allow listening to someone else singing about encountering God, to take the place of encountering God personally.

The more we get into the Bible, the more we understand the way God speaks. You probably won't sense God giving you a major life changing word every time you read the Bible, but the more you're still, immersing yourself in its truth, learning about God's ways and His character, the more your mind will be renewed so you'll recognise more clearly God's whisper to you.

## Worship

*Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.*

*(Small group worship resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship))*

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

*If you have a time of singing you can skip the above questions but please do ask this question each week:*

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

## Discussion Questions (choose some which are most relevant to your group)

- How is your spiritual hunger? Which of the 3 states did you most resonate with? Dial on amber or red? In the stuck zone? Doing well but always room to grow.
- How are you doing on carving out time to be with God? What stops you doing this?
- What would be your next step to grow in hunger and intimacy with the Lord?

- How comfortable do you feel to really pour out your heart to God? What would you say? Try writing your own Psalm to lament before the Lord.
- Have you become aware of any noise that would crowd out the voice of God for you? What is that for you? What is God saying about that?

## **Witness**

*We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:*

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invitation to?