



Wellbeing

God's Plan For Your

A Journey of Greater Wellbeing

Date: Sunday 10th January

Speaker: Andrew McNeil

Key Verses: John 10:10, Judges 6:24, James 5:17

Talk Summary:

- The subject of wellbeing is both a timely and a timeless issue as our world is still being rocked by the Covid pandemic. Whether you're struggling with areas of wellbeing, or just want to be healthier, this is for all of us. The good news is that you and I can take active steps on a journey towards greater wellbeing.
- One of the keys to this is becoming more aware of how we are actually doing in various areas of our lives and co-operating with God as we take steps for change. A key part of this series is learning to reflect and read the different areas of our life, physical, emotional, spiritual, relational, financial and vocational.
- Each area is vital and all are interrelated. An increase or decrease in any one of those areas is likely to have an impact on all of the others. We'll be looking at the story of an Old Testament prophet, Elijah. He's a great example of someone who seemed to be strong and doing well, and yet had a season of despair and what looks like burnout, before being lovingly restored by the Lord.
- Let's think the language of journey. On a journey we....
 1. Follow the best directions for greater wellbeing. It's critical that we find and follow the best possible directions. The Bible gives us a comprehensive overview of the subject of wellbeing. It's like a map but it's not static. It's a bit more like Google maps. It's able to locate us where we are and help point us in the right direction.
 - a. The word 'wellbeing' doesn't appear in many English translations of the Bible, but there's a hugely important Hebrew word that perfectly expresses God's passion and plan for our wellbeing, which is the word 'shalom'. Shalom is multidimensional, complete well-being — physical, psychological, social, and spiritual; it flows from all of

our relationships being put right: with God, within ourselves, and with others. This is a big deal for God and that's good news for us.

2. Seek expert guidance for greater wellbeing. Jesus is our guide and we follow him. Fully God and fully human. He knew weariness. He faced demands and pressures, pain and loss, navigated family and friends, critics and enemies. Fully God, he brings us the life of God (John 10:10). We get to recognise God speaking through his word and in our conscience. His voice is never sarcastic or condemning. It comes with conviction that things can be different. It comes with love and hope and courage.
 - a. If we'd make time to listen God has a customised plan for our wellbeing. It is not just that God shows us how to find wellbeing; He Himself is our wellbeing. One of the names of God is Yahweh-Shalom. It's translated as 'The LORD Is Peace [wellbeing]' Judges 6:24.
3. We need to travel with others for greater wellbeing. We weren't designed to do life alone. This could be a moment to engage or reengage. with a small group or friends. So some practical steps for us all.

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)

- 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 easy do you find it to read your gauges or do rely on others to read how you are?
- What image springs to mind when you hear that word, wellbeing?
- How often do you feel you live in God's shalom?
- Imagine 3-4 months time and you were living with increased wellbeing. What would that look like?
- How does the honesty of Elijah's story help you be real as you face your own story. Which of these five practical steps is most relevant for you?
 - Silence the internal cynic or critic.
 - Make a time and place to reflect on what God is saying.
 - Listen to God for yourself (not someone else)
 - Listen for the one thing (in each area).
 - Engage with others.

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.

- 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?