



Wellbeing

God's Plan For Your

Physical Wellbeing

Date: Sunday 24th January

Speaker: Aaron Smith

Key Verses: 1 Kings 19:3-9

Talk Summary:

- Our bodies matter, to God and to us. Our physical wellbeing has an effect on all the other areas of our wellbeing.
- Elijah finds himself in the desert, burnt out. God is his goodness attends to Elijah's physical needs (sleep and fuel) before his spiritual (1 Kings 19:3-9)
- Sleep matters – the amount and quality of our sleep can have big impacts on our lives. God first let's Elijah sleep. There are things which impact our sleep (within and beyond our control)
- Eating well matters – we need to make sure we are putting the right fuel in to make us ready. Too much of one thing, or not enough of another will impact us.
- God will and does provide for our physical need for food and drink, it is our responsibility to make sure we put the right things in
- Our bodies are both a gift from our God but also our responsibility to look after them, to glorify God through them. (1 Corinthians 6:19-20)
- Exercise matters - Just like sleep and food, doing physical exercise is important. It effects our moods, learning, attention span, anxiety and stress to name but a few.
- Don't be lulled into these traps to compare and abuse our bodies. Let's seek to be good stewards to God who created us and gave us our physical bodies.

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 is your physical wellbeing? Are you in the red, green or somewhere in between?
- What have you learnt from Elijah's experience of burnout? Are you aware of when your body 'warns' you that your heading towards it?
- What one thing is God calling you to look after your physical wellbeing more? Is it to do with sleep, eating well, exercise or stewarding your whole-self more?

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?