

A/ Teaching

Bible Material – Key Points - based on Psalm 1, Philippians 4v4-9

[Illustration: secure child/bride]

Choosing to Treat Yourself Well (Psalm 37v4) [Give self treats vs treat self well]

- ‘By nature’ or ‘By word and Spirit’? (Psalm 1, Galatians 5v16-17)
- “Fullness of life ” is to know God (John 10v10 / 17v3)
- Guard your heart (Proverbs 4v23) – Trust, Love, and Desire are from the heart.

⇒ What’s your choice?

Balanced Thinking (Isaiah 40) (Phil 4v7-8)

- GOD is bigger than your situation (Isaiah 40v18-31)
- Don’t worry – you are HIS child! (Matthew 6v25-34)
- He’s got plans – You’re HIS child! (Jeremiah 29v11 ; Ephesians 2v10)
- He’s got your good in mind! (Romans 8v28-29)
- Think well (Philippians 4v8-10)
- Think well regularly (Psalm 1v2 / Josh 1v8)
- Think “All in” (Philippians 3v13-15, Luke 14v33)

⇒ Think healthy!

Balanced Diet (Psalm 23v5) (Phil 4v4-6) {Weightwatchers points}

- Pray & Worship – hands high (Psalm 37v4: Both alone, Luke 4v42; & together, Luke 4v16)
- Learn & Meditate – hands open (Psalm 1: Alone, Luke 4v4; & together, Luke 4v17 & 2v46)
- Testimony & Thankfulness – hands to ear (Luke 4v37,40-41, John 1v34)
- Exercise
 - Serve God and others – helping hand (John 4v34)
 - Persevere – pushing hands (Romans 5v3-5)
 - Witness – beckoning hand (Luke 10v1,17)

⇒ Feed healthy!

Balanced Life – Shalom (Phil 4v9)

- Work/Rest – Father orientated (Colossians 3v23, Luke 10v38-42) – Refresh phys, spir, mind
- Feast/Fast – Father orientated (John 4v34, Matthew 9v14-15) – Celebration and reliance
- Social/Alone – Father orientated (Luke 4v40-42) – Space & Encouragement

⇒ Live healthy!

B/ Personal Reflection & Development - Materials available

Some of the following may help you reflect on these things further:

- Take some time out to meditate and reflect:
 - Find a place where you can relax.
 - Begin your meditation using a passage from the Bible (eg Psalm 23) or a song.
 - Listen to God.
 - When your thoughts wander, refocus on the passage above, or reflect on the following passages:
 - Psalm 1, 19, 24 or 51
 - Job 38-41
 - Isaiah 40
 - Psalm 37
- Balancing your mind:
 - Make some notes about something that worries you. (10 mins max)
 - Make some notes of what you know about God's character and ability from the above readings.
 - What aspects of God's character and ability do you need to focus on?
- Balancing your Diet:
 - Note down what you need to feed on for spiritual health (see page 1).
 - Which elements are you strong on? Which would you like to grow in?
 - What has been preventing you from feeding better?
 - What steps can you take to develop your spiritual diet?
- Balancing your Life:
 - What is your Father God wanting to do in you?
 - What is your Father God wanting to do through your life?
 - Do your goals match your Father God's goals? (e.g. goals for relationships, money, home, technology, achievements, work ... etc)
 - Aligning your goals with God's goals is going to enable a much better balance!
- Key Bible verses to memorise and meditate on:
 - Psalm 37v4
- Further study:
 - Develop daily, weekly and yearly rhythms in your life for Heavenly-Father-time.

Reflect on some of the "Small Team" and "Pair/Triplet" material before meeting.

C/ Small Team (1 hour 15mins + worship)

- Worship
- Summary of “Bible Material” (5 mins)
- Talk Questions (15 mins)
 - Why is it valid to treat myself well?
 - What is the balanced thinking that leads to a healthy mind?
 - What is a balanced diet that leads to healthy spirituality?
 - What does a balanced life look like?
- Summary of “Practical” (5 mins)
- Practical Questions (30 mins)
 - Balanced Thinking for a Healthy Mind
 - What things do we tend to worry about? Why do we worry about these things? What impact does worrying have? (e.g. Matthew 6v25-34)
 - What is the Bible’s solution to worry? (e.g. Philippians 4v4-8)
 - When life is stressful, do you tend to “zap out” (destroy), “zone out” (i.e. escape life with alcohol, TV etc) or “zoom out” (to see the big picture of God)?
 - Share together how you can discipline your thinking and refocus in difficult situations.
 - Balanced Diet for a Healthy Heart
 - What things might we feed on which are unhealthy for us as Christians? Why are they unhealthy? Why might we still be inclined to feed on them?
 - What do we need to do about these things?
 - Share with each other what you find helpful in a balanced spiritual diet.
 - What areas are we weaker on as individuals, as a group, and as a church?
 - Share testimony together of what God has done and give thanks.
 - Balanced Life for Healthy Relationships
 - Do you tend towards rest or work? Why?
 - Do you tend towards time alone or with others? Why?
 - Which did Jesus tend towards? What was the governing factor that determined how Jesus spent his time?
- Pray together (20 mins)
 - Share and pray about practical matters arising from above.
 - Pray for the Holy Spirit to empower each of you to be witnesses.
 - Pray for your “list-of-5” – and for your love towards them!

D/ Pair/Triplet (40 mins)

- The goal is not to be right but to help one another as brothers/sisters in God (Ecclesiastes 4v12).
- Share and Discuss together (15 mins)
 - Share encouragements you have had from bible reading / prayer / worship.
 - Share about your spiritual diet with each other – what do you enjoy feeding on, what is a bit tougher for you?
 - Share your worries with each other. Encourage each other with how God is bigger than the things we are worried about.
- Slowly read a passage from the Bible together (this could be one that one of you has read during the week or Isaiah 40v18-31). (15 mins)
 - What does this say about God?
 - What does it say about us?
 - What does it say about the problems we face?
 - What is the secret of keeping going?
- Pray together (10 mins)
 - Give thanks and pray for one another based on the Bible passage and your discussion.
 - Pray for your “list-of-5”.