

TALK IT OVER

Spiritual Health

BOTTOM LINE

Only one person can tend to your spiritual health – You.

CONVERSATION STARTER

If you could have an unlimited free supply of one thing besides money, what would it be?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Four Traits of a Spiritually Healthy Christian](#) (short read)

KEY VERSES AND QUOTES

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.
Romans 12:1-2 NIV

Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. Luke 9:23 NIV

No one can receive anything unless God gives it from heaven.
John 3:27 NLT

"Life is hard on our souls. Healthy unattended souls become unhealthy. The health of your soul determines how wide the gap is between who you are and who you pretend to be. It determines your tolerance for duplicity. A healthy soul has an active conscience." – Dwight Mason

TALK IT OVER

As with our spiritual health, the heart is most important. How do you gauge heart health? Only you can tend to your heart. What makes you aware that your inside and outside are out of sync? You have the potential to become someone you would despise if you met them. Discuss. How does that happen? **Surrender your will** is the first habit for a healthy heart. How does surrender become a habit? What does it mean to take up your cross daily and how does it affect your heart? **Monitor your heart.** All evil starts with a thought. What happens in your heart eventually comes out. What are some examples you have seen or experienced of someone who simply "managed" the gap but didn't handle it? How do we convince ourselves we can manage the gap? How do you keep an active conscience? **Steward your resources.** How does realizing that all you have is given by God for a purpose impact spiritual health? The value of a life lies in what is given away. Sin is best described as selfishness. Discuss. What are you most afraid of losing? How is God asking you to steward your heart in that area?

ACTION STEP

I will regularly evaluate the health of my heart, the gap between who I truly am and who I appear to be. I will make the state of my heart a focus of daily surrender.