**Soul Care in Self Isolation – Spiritual Heath**

**“Spiritual health is the ability to know both oneself and God intimately, engage in practices that cultivate a deep interior life, and live a spiritually integrated life.**

**Spiritual Health is about knowing Who We Are and Knowing God intimately.**

*Psalm 23, John 10:1-18, Romans 7:15-20, 2 Corinthians 12:7*

**Spiritual Health is about Engaging in Practices that cultivate a deep interior life.**

*Psalm 1, Luke 5:16, 6:12-13, Acts 2:42-47*

**A Culture of Apprenticeship – we value gathering together to be encouraged, challenged and equipped as followers of Jesus**

**“Spiritual practices are called such because they like their name require practice. The same goes for Spiritual disciplines, to grow in them requires discipline.” Dallas Willard**

**Spiritual Health is living a Spiritually Integrated life.**

*Psalm 1, 23, 1 Thessalonians 5:16-18*

**The Fruit of Healthy Spirituality**

1. Intimacy and Communion with God
2. Inner freedom and peace as we release anxiety, control and frustration
3. Integration of Spirituality with all other aspects of life
4. Increased capacity for deeper relationships

**Take Aways:**

1. **Taking Our Temperature.**
2. **Hello there Jesus!**

**Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca**

1. How is everyone doing? Spend some time checking in with one another about how everyone is doing. Is there anything new?
2. What stood out to you in the message this week or what is something you learned or something you had a hard time with? Did God stir anything inside you this week?
3. What do you think about the definition of spiritual health mentioned on Sunday? Why do you feel that way? Is there anything you would add or change? Why?
4. How has it been going incorporating the take aways into your life this week? Have you been more aware of God? Why or why not?
5. If you are comfortable sharing, what were some of the moments you listed where you encountered God in the last few weeks? Did you find it hard to come up with these? Why or why not?
6. Read Colossians 3:1-14 in a couple different translations.
7. What stands out to you in the passages you read?
8. What is the most challenging part of this passage for you?
9. Are there any significant differences in the translations?
10. What does this passage have to say to us about living an integrated life?
11. Paul lists several things that they need to cut out if they are going to live an integrated life. Can you think of any others?
12. Paul here talks a lot about a transformed life in Christ. What are some things that you can do to move more toward this in your life?
13. Reread verse 10 in the NLT if you have that available. What do you think about this verse? Where do you find hope in this verse?
14. Read Colossians 2:13-15. Here Paul is clear that we are alive and our sin is forgiven because of Jesus and only in Jesus. However, in Colossians 3:1-14 Paul talks about our part as followers of Jesus. Spend some time going over this passage again. What do you see there that is our part and how do we practically do the things Paul talks about?
15. Close you time together with prayer. Pray for the various requests and pray that we would experience a greater awareness of God each day.