

A Healthy Soul
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USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon
and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group.
For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group's goal is not to get through the
questions, but to create an atmosphere that will foster true friendships.
Use the discussion questions as you see fit but emphasize the relationships.

[3 John 1:2]

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

5 Markers of a Healthy Believer—

1. **Spiritual health** = A real and vibrant relationship with the Lord.
2. **Relational health** = Marriage and family
3. **Financial Health** = Provision, good stewardship & generosity
4. **Physical Health** = Taking care of your body through diet and exercise (*1 Corinthians 6:19-20 "honor God with your body"*)
5. **A Healthy Soul** = the inner you, your mental and emotional health

[James 5:17-19, AMP]

Elijah was a man with a nature like ours, with the same physical, mental, and spiritual limitations and shortcomings, and he prayed intensely for it not to rain, and it did not rain on the earth

for three years and six months. Then he prayed again, and the sky gave rain and the land produced its crops.

[1 Kings 16:30]

“Ahab did what was evil in the sight of the LORD, more than all who were before him”

[1 Kings 18:36-38]

At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, “O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. ³⁷ O LORD, answer me! Answer me so these people will know that you, O LORD, are God and that you have brought them back to yourself.”

Immediately the fire of the LORD flashed down from heaven.

After great moments of triumph and victory are often attacks and dissenting voices; don't forget the call and promise of God for your life.

[1 Kings 19:1-4]

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had

enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.”

[Psalm 43, TPT]

Then I will say to my soul,

“Don’t be discouraged; don’t be disturbed,

for I fully expect my Savior-God to break through for me.

Then I’ll have plenty of reasons to praise him all over again.”

Yes, living before his face is my saving grace!

Ways to Maintain and Regain Health in your Soul—

- 1. Recognize and eliminate toxic input and feed your soul the right food.**

[Ephesians 5:26-27, NKJV]

“...Christ also loved the church and gave Himself for her, that He might sanctify (set apart) and cleanse her with the washing of water by the word, ²⁷ that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

[Psalm 119]

(15)

I meditate on your precepts

and consider (ponder and think upon) your ways.

(23)

I will meditate on your decrees.

(27)

I will meditate on your wonderful deeds.

(51)

*I meditate on your age-old regulations;
O LORD, they comfort me.*

(54)

*I reflect at night on who you are, O LORD;
therefore, I obey your instructions.*

2. Eliminate isolation and be intentional about who you walk with.

[1 Kings 19:3]

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness.

When you walk into the wilderness by yourself, you risk derails and detours to your life and destiny.

3. Eliminate the noise, and wait for the “still small voice.”

[1 Kings 19:10-12]

And the word of the LORD came to him: “What are you doing here, Elijah?”

¹⁰ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

¹¹ The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.”

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was

not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

FOR MONDAY—

1. On a scale from 1-10, do a scorecard of the 5 Markers of a Healthy Believer.
2. Identify and eliminate toxic influences to your soul health, replacing them with nourishing sources. (Aim for equal proportions.)
3. Read 1 Kings 18-20 and consider the life and faith of Elijah.
4. Find someone who is walking close with Jesus, and get in proximity to them.

TALK IT THROUGH

1. When you hear the word “toxic,” what comes to mind? On the other side, what do you think of when you hear “health?”
2. What make your soul, and what is your soul designed to do? To what degree do you think your soul can get damaged?
3. How are you doing with your thought life, your will, and your emotions?
4. What are you doing to keep your maintain or regain a healthy soul? Which of the 5 Markers of a Healthy Soul do you need to focus on in this season?
5. How does the life of Elijah show us that God can and wants to work with you, no matter your limitations? How does knowing Elijah was “just like us” encourage you today?
6. Where do we see a “life of mixture” around us?
7. How can we eliminate the noise and isolate the “still small voice?” When have you recognized God speaking to you?