



# Wellbeing

*God's Plan For Your*

## Wellbeing – Maximum Habits for Wellbeing

**Date:** Sunday 14<sup>th</sup> March

**Speaker:** Andrew McNeil

**Key Verses:** John 10:10-27

### **Talk Summary:**

As we've gone through the Wellbeing series we've had two central assumptions. One is that God is concerned about our wellbeing and the other is that that if we're listening, he's keen to lead each of us into greater wellbeing.

As we come to the end of lockdown there are two words to consider: Stop and reset.

**Stop:** To cause to come to an end, a cessation of movement. Much of the world came to a sharp stop. If you want to speak with a child, sometimes you need them to stop doing what they were doing so they can pay attention to what you are saying. How has our heavenly father wanted to get our attention? What has he been saying? One of the most often repeated commands of Jesus is 'Those who have ears must hear what the Spirit is saying (not has said) to the Church.'

The other word is reset. To set again or to set differently. If you have a glitch in your phone you can do a soft reset, turning it off and on again. If it's a really serious issue you need to do a hard reset. In a hard reset, you lose all the of the personal preferences and settings that you've accumulated over time. We've experienced a hard reset because we've not been able to have things just the way we like them. All of our accumulated preferences have been reset and in this moment God is calling us back to our primary purpose.

In a message for the Vineyard, Mike Pilavachi reflected on the kind of church Jesus is calling us to be. Jesus centred, biblically based and Spirit led.

What the enemy intend for harm, God intended for good. Similar cultural moments have occurred and God has repurposed them, notably the Jesus movement in 1968. Ed Stetzer wisely said of that time "God used the moment we were in to refocus us on the mission we were on."

In the story of Elijah Mike Pilavachi reminded us that we need to spend time in our place of encounter (symbolised by mount Horeb, a place of stillness and encounter with God). God speaks in the stillness more than he does in the

noise. We are on the edge of noise. Let's be listening now with a resolve to obey, because obedience is the ultimate act of worship.

## 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](http://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)

- What are the things you have been learning through this series about God's plan for our wellbeing, and what can we celebrate or be thankful for?
- What comes to mind when you think of that illustration of a reset?
- What opportunities does the end of lockdown present for us as we seek to reach out and show the love of Jesus to others?
- Maybe the questions that Jamie and Helen's small group considered will help you.
  - 1. What do you want to take forward, either personally or on a larger scale? For example, are there spiritual disciplines we have been enjoying that we don't want to lose, such as having a walk and chatting to God.
  - 2. What do you want to discard? Are there things that we are doing that are not healthy for us spiritually?
  - 3. What do you want to put in place? Are there things that you have been meaning to do and can you start putting into place while we are transitioning, so they become a habit before 21st June (or whenever).

## 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. Pick one of the below each week:*

- 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?
  - Easter Sunday is a great invitational event and you'll be receiving details next week on how we can spread hope to our families and friends this Easter. More details at [bvc.so/easter](http://bvc.so/easter)
  - A new Alpha course is starting 14<sup>th</sup> April, for anyone exploring faith. More details at [bvc.so/alpha](http://bvc.so/alpha)