



Wellbeing

God's Plan For Your

A Journey of Greater Wellbeing

Date: Sunday 17th January

Speaker: Rosie McNeil

Key Verses: 1 Kings 17-19

Talk Summary:

- “To win the battle of the mind is to win in one of the greatest areas of life. It is said that no real change can take place until a person’s thinking is changed.” Selwyn Hughes
- The OT prophet Elijah, bursts onto the scene (1 Kings 17), full of faith and power. His life hits a sudden and surprising low. After a threat from Queen Jezebel he literally runs in fear to the desert. He was finished. But God wasn’t finished with him.
- God sent an angel to him who said “Elijah you’re not done”. He takes a 40-day journey to Mount Horeb, where he has a fresh encounter with God, and then God replenishes him, restores him, recommissions him to another 10 years of ministry.
- **Principle 1** - Know who you really are. His name Eli-yah’, meant ‘The LORD is my God’. By the time of his burnout, Elijah seems to have lost all sense of his God-given identity and confidence, saying: ‘I have had enough, LORD... Take my life; I am no better than my ancestors’ (1 Kings 19:4–5).
- It’s possible to be a Christian and not fully know who we really are in Christ, or like Elijah, forget who we really are, especially when something comes against us.
- **Principle 2** - ‘Know where you’re really at’. The more secure we are in who we really are, the more we can be open and honest about how we’re actually doing. At the end of 1 Kings 18, the high point of Elijah’s ministry, everything about his life looks strong. Outwardly he’s doing fine, but he was inwardly vulnerable.
- The death threat from Queen Jezebel pushed him over the edge. Words of fear, whether spoken audibly or in our own minds, can rob us of our mental wellbeing like nothing else.
- Most areas of Elijah’s dashboard were in the red zone: physically exhausted, emotionally burnt out, spiritually he felt defeated (even having just seen victory), vocationally ready to quit, relationally isolated (having sent his servant, away) and in a desert with no provision. Sometimes we can attend to

one area of our life (like maybe our spiritual life and think because I'm praying everything will be ok) but we neglect the other areas and things get out of balance.

- **Principle 3** - 'Know that you can really change'. It's one thing to identify where we're at, but we can sometimes get paralysed by a sense that we can't change. "the one thing we always possess, regardless of the external circumstances, is our freedom to choose how we respond to our circumstances" Victor Frankl. Holocaust survivor.
- Elijah had a visitation from an angel, but we don't have to wait for that. We have the Holy Spirit inside of us. We have the great helper, encourager, the best counsellor living on the inside of us.

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)

- 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)

- 1) Do you struggle with either a lack of or a loss of identity? Do you find yourself comparing yourself to others? Ask God to show you how He sees you and what your true identity is.
- 2) Consider where you are really at. Think about the 6 dials on the dashboard. What is God saying to you about each one? Which ones are in the green? Are there any which are closer to amber or red?
- 3) Are there particular areas in your life in which you feel powerless to change or things that are causing you to be depleted? Ask God what He wants to say to you about these.
- 4) What practical steps is God inviting you to take as you engage in this journey towards greater wellbeing?
- 5) Download the affirmation sheet from the [website](#). Try to speak these truths aloud every day this week. Ask God to speak to you through them.

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.

- 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?