



## Week 1 – Spiritual Health

### Announcements

- **201 Dream Team Orientation** – Sunday, January 13, 2013 at 5:00 pm. Start your year the right way, by finding your place to serve on the Dream Team.
- **301 Biblical Foundations** – Beginning Monday, January, 21 2012 at 7:00 pm. This 10-week class will give you the foundation you need to live the life God has designed for you. You can register at [www.churchoftheking.com/register](http://www.churchoftheking.com/register) and childcare is available.
- *What on Earth am I Here for?* begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

### Warm-up

Can you give an example of your most noteworthy New Year's resolution? Did you keep it?

Today we are going to discuss the most important discipline in developing and sustaining a healthy life – our spiritual health.

### Word & Application

**Read 3 John 1:2.** How does this verse show how deeply God cares for our whole being?

This verse says a lot to us. It shows God is not just concerned about eternity, but he also cares about our life on earth.

After reading 3 John 1:2, why do you think the most important discipline in developing a healthy and sustainable lifestyle has to begin with our spiritual life?

Our true health stems from our relationship with Christ and the forgiveness we receive from Him. If you are in a relationship with Christ, you have the ability to communicate with Him daily. This regular time of prayer can guide you into your best life.

**Read Psalm 139:23-24.** How will praying these verses keep you on track with God's plan and purpose for your life?

**Read Hebrews 2:1.** Most of the time we do not purposefully turn from God, but we find ourselves gradually drifting away from Him.

Here are nine common things that cause people to drift from God: materialism, laziness, self-centeredness, pride, gluttony, sexual lust, anger, envy and lying.

What things in your life tend to cause you to drift from God?

In order to keep ourselves from drifting away from God, we must discipline ourselves. **Jeremiah 29:13-14** says, “You will seek me and find Me, when you search for me with all your heart. I will be found by you, declares the Lord.”

**Read 2 Peter 3:18.** The word “grow” in this verse means: *to increase, grow, and augment in your inward Christian character.* The number one way to grow in your relationship with God is to have a plan to incorporate spiritual disciplines into your life.

Which of the following spiritual disciplines can help you grow closer to God this year? How will you implement these into your growth plan for 2013?

*Bible study* – get a Bible reading plan by going to [Youversion.com](http://Youversion.com)

*Prayer* – daily prayer time, prayer the first Friday of each month at 7 pm at the Little Creek Campus

*Fasting* – Church-wide prayer and fasting (January 7-27, 2013) with prayer times at each campus

*Church attendance* – commit to regular corporate worship and teaching

*PATHWAY* – commit to completing the whole Pathway (101 – 401) this year.

*Serving* – find your place on the Dream Team.

*Small Group* – join one or lead one in order to find community and accountability

*Giving* – take the challenge to tithe this year

*Mission* – serve our community and world by getting involved in *City Reach* and *Global Reach*.

**Read Revelation 2:4-5 and John 14:15.** It is important to make sure our spiritual disciplines are built on a foundation of love for God. When we lose our love for God we find ourselves stuck.

**Psalm 24:4-5.** What is meant by, “clean hands and a pure heart?”

What do you think God wants you to do in 2013 to live with “clean hands and a pure heart?” How can we, as a small group, support you in this?

Let’s grow in our love and knowledge of God this year so we will experience our greatest year ever.

## Prayer

Pray for everyone in the group to have a great year in 2013. Also, take time to ask for specific prayer requests from those in your small group.