

# SPIRITUAL HEALTH



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TO KNOW THAT LOVING GOD IS THE MOST IMPORTANT PRIORITY IN OUR LIVES  
TO UNDERSTAND THAT WE HAVE TO STAY CONNECTED TO JESUS TO BE TRULY SUCCESSFUL  
TO KNOW THE IMPORTANCE OF SPENDING TIME WITH GOD



TO CONNECT WITH GOD THIS WEEK THROUGH PRAYER & READING THE WORD.

## Intro Activity and Questions



- What makes someone healthy?
- Is health something you ever think about?
- How would you define 'spiritual health'?
- Be honest how much time do you spend with God? Praying or Reading the bible.
- What do you find difficult or easy about spending time with God?

## Bible Study and Discussion



### Matthew 22: 36-38

- Why is this the greatest commandment?

God intends for you to love him first, that's the foundation for a good spiritual healthy life. All of Christianity comes down to how we love God and how everything we do - relationships, work, entertainment, education, displays our love for God. No success, status, or possession will matter at the end of our days. How we loved God and loved others will be our victory

### John 15:5

- What do you think the teaching is in this passage?
- What does Jesus mean by 'bearing fruit'?
- How can you ensure that you are staying connected to Jesus 'the vine'?

**Being connected to God on a daily basis is the most important need in our lives.**

## Response



### Response to our Spiritual life.

This week pick a time when you're at your best: first thing in the morning before school, when you get home from school or in the evening. Why should it be when we're at our best? Because it's for the best person in our life - God.

### Matthew 6:6 MSG

*"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."*

- **Journal** - Read a passage and answer the following questions.

1. What does it tell you about God?
2. What does it show you about yourself?
3. How can I apply it to my life?

- **Pray** - Pray about what you have learnt.

4. Ask God to explain anything you don't understand 'God please help me to understand...'
5. Ask God to help you apply what you have read to your life.

**Be prepared to answer this question...**

*What did God say to you as you read your bible this week and what are you going to do about it?*



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on SnapChat about what you've learnt today?