

Sunday 31st Jan: Growing strong through 1 Thessalonians - Health body, soul and spirit.

We started a new preaching series looking at 1 Thes. Read 1 Thes 5:23. What do you make of this verse?

Paul breaks us as people into 3 separate parts: body, soul & spirit. His prayer for the church (us) is that we will look more like Jesus in every part of who we are.

How are you doing in taking care of the body you have been given? Are there any adjustments you could make to be more healthy in this area?

From what Paul is saying here our soul & spirit are 2 different things (this is confirmed in Heb 4:12). What do you understand your soul to be?

The Greek word for *soul* in the Bible is *psuche*, which is also the root word of *psychology*. Our soul is composed of our mind, which enables us to think, reason, and includes our free will, which enables us to choose and make decisions. It also involves our emotions. - Read Romans 12:2, Prov 4:23 & 2 Cor 10:5. - How are these soul issues?

Our spirit is where we connect with God. Read Romans 8:11 & Rom 8:14-17. What is the importance of our spirit connecting with the Spirit of God?

Each part of ourselves is important and interconnects and impacts the others. What is the impact on your soul and spirit when you are physically unwell? What is the impact on your body and spirit when you are stressed (soul issue)? What is the impact on your body and soul when your spirit feels disconnected with the Spirit of God?

How are you doing body, soul & spirit?

What changes do you need to make in these areas to be more healthy and look more like Jesus?

Who are you inviting to ask you how you are doing in these areas?

Who are you asking how they are doing in each area?