

## **Where's the Health? || Spiritual Health**

Small Group Notes - (Final Group Notes for the Spring Session)

### **INTRODUCTION**

Spiritual health is one of the most important conversations of our lives and it affects everything because everything is spiritual. Spiritual health starts by seeking God first in every area of our lives. Life often feels like a bunch of disconnected relationships (family, work, church, etc.). But as Jesus followers, we are called to seek God first in everything.

### **CONVERSATION STARTERS**

1. Is there something you have dreamed of doing for a long time? Why haven't you done it?
2. What do you think of when you hear spiritual health?

### **SERMON NOTES REVIEW**

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you, or confused you?

### **WATCH THE VIDEO**

<https://youtu.be/uik4vYIJhTI>

### **GROUP DISCUSSION**

1. How's your soul? (How are you doing?)
2. What does it mean to seek first the Kingdom of God?
3. Chad said, "There is a generalized myth that you need to read all the time to spend time with God." In what other ways do you connect with God?
4. Everything is spiritual if you choose to make it. What things do you use to refuel your soul?
5. Do you think it is possible to over-spiritualize things?
6. When talking about the need for silence and reflection, Chad said "In the quiet, we can hear what the noise drowns out." What is causing noise in your life? What is something you might hear from God if you spent some "quiet time" with Him?
7. Friendships, joy, and laughter are essential for your spiritual health. What things do you have on your regular calendar to intentionally schedule friendships, joy, and laughter?

### **PRAYER**

Jesus: We give our lives over to You and we seek You first! Thank You for Your Holy Spirit who is leading and guiding us to become more like You. We want to reflect Your grace and Your truth in every part of our lives. Continue to make us spiritually healthy. In Jesus name, Amen.

### **ANNOUNCEMENTS**

- To hear the latest on our re-gathering plan, visit <https://www.sunvalleycc.com/updates/>
- This is the final small group notes for the spring session. We will begin providing group notes again the week of August 9. See you back in 5 weeks!