



SERMON REFLECTION QUESTIONS for the week of January 16, 2022
“The Vital Signs of a Healthy Soul”
Rev. Dr. Doug Rumford

Theme/concept

The symptoms of soul neglect help diagnose our spiritual condition. But what about spiritual health? What does that look like? We measure our physical health by basic criteria called vital signs. The soul, likewise, has vital signs by which we measure spiritual health.

Application

Experience the joy and power of holistic spiritual health.

Icebreaker (for groups)

Describe a time when you experienced a period of intense, focused training (e.g., for a performance or an athletic competition, or for developing a particular skill).

Reflections on the sermon

How did the sermon affect the way you think about your spiritual health?

Scripture

1 Timothy 4:1-10 (New International Version)

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. ²Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. ³They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. ⁴For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, ⁵because it is consecrated by the word of God and prayer.

⁶If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. ⁷Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸For physical training is of some value, but godliness has

5. How does verse 9 reinforce the value of training to be godly?

6. Based on verse 10, where should we place our hope, and why?

Going deeper

1. How could myths and foolish teachings affect our spiritual health?

2. How does this passage indicate that healthy spirituality doesn't happen automatically?

3. If we train in godliness, what impact might we expect to see on our spiritual vital signs? Give an example or two of what this might look like in our daily lives.

