



### Touching base (5 minutes)

Open in prayer as is helpful for your group.

If this is your first session take time to introduce yourselves and set any ground rules you want to for your time together.

If you met previously take the opportunity either as a group or in pairs to check in with each other about how your response from last time has gone.



### Opening question(s) (5 minutes)

What do you think is the secret of a spiritually healthy life?



### Understanding the information (35 minutes)

Share these thoughts in your own words or read them together:

When Jesus called His disciples to follow Him, He was also doing so to offer them “life in all its fullness.” (John 10:10) What does this life look like?

In the life of Christ, we can see this fullness in the way Jesus lived out a balance between three relationships: with God, with His close community, and to the wider world. Sometimes the three dimensions of UP (to God) IN (to community) and OUT (to be a blessing to others) are used to describe this.

For example, in Luke 6: 12-17 we can see that Jesus first went up a mountain to pray (spending time with God - UP). From there, He chose disciples to be with Him (IN). Then together they went and blessed others (OUT). Why might it be important that things happened in this order? Why do you think Jesus only chose a small number?

In John 15 Jesus tells his disciples that they must “bear fruit” (OUT), but that first they must love one another (IN) and cannot do either unless they remain in Him (UP).

We see the same balance of relationships with God – community – others, in the Old Testament prophet Micah, who asks, “What does the Lord require of you?” Three things: To love mercy (have peaceful relationships with others – IN). To act justly (be a blessing in the world – OUT). To walk humbly with your God. (UP).



A spiritually balanced life is healthy and fruitful. The consequences of being unbalanced may lead to burn out, isolation, or being ineffective in the work God has given us to do. For example, what might be the difficulties we face if we only pay attention to our relationship with God and close community, but never look outwards? Or if we look outwards with others, but do not focus on God? Or if we spend time with God, looking outwards, but do not connect with a close community? Christ lived the best life possible. Dallas Willard wrote that He “is the smartest man who has ever lived...He always has the best information on everything and certainly on the things that matter most in the human life.”

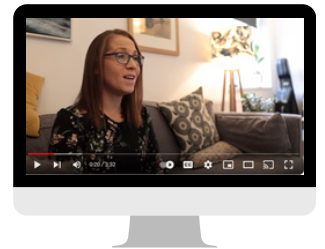
Discuss: Look at the questions in the red box on page 2 of the handout and choose some to discuss together.

## Seeing how it looks in real lives (10 minutes)

Watch the video at:

<https://youtu.be/q44bjVq4zWk>

What struck you as important in the video?



## Responding to God’s leading (5 minutes)

Give people an opportunity to think about, “What might God be showing me and how might I respond?” They may like to write this down and/or share it with the group and/or share it with one other person. A friendly question is to ask each other, “Is there anything that would be helpful to ask you next time?”



## Group prayer (5 minutes)

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

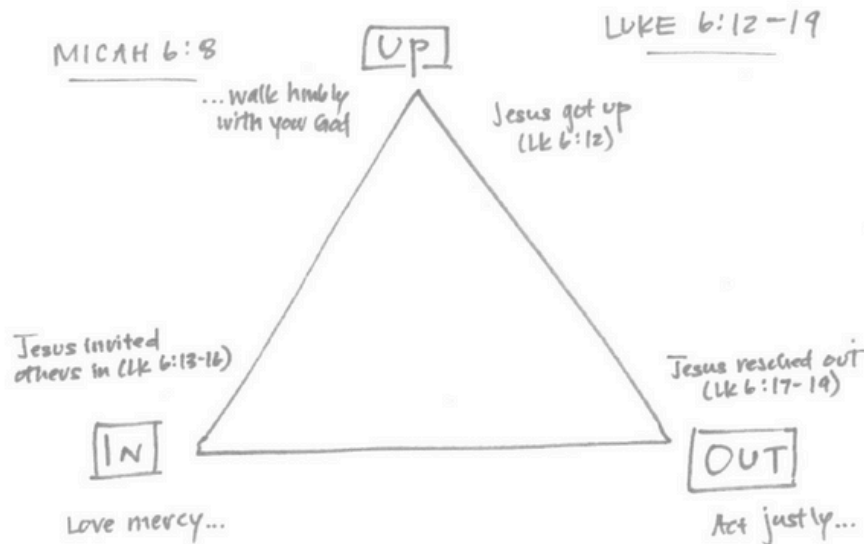


From St Patrick’s Breastplate

# KEEPING SPIRITUALLY HEALTHY

*As disciples we are offered “life in all its fullness.” (John 10:10)  
What does this look like? And how is it maintained?*

*Luke 6: 12-19: 12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles...17 He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, 18 who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured, 19 and the people all tried to touch him, because power was coming from him and healing them all.*



*The life of Christ is our model for what this might mean. He lived the best life possible.*

*In the life of Christ we can see this fullness in the way Jesus lived out a balance between three relationships: with God, with His close community, and to the wider world.*

*Sometimes the three dimensions of UP (to God) IN (to community) and OUT (to be a blessing to others) are used to describe this.*

*In Luke 6: 12-17 we can see that Jesus first went up a mountain to pray (spending time with God - UP). From there, He chose disciples to be with Him (IN). Then together they went and blessed others (OUT). Why might it be important that things happened in this order? Why do you think Jesus only chose a small number?*

*In John 15 Jesus tells his disciples that they must “bear fruit” (OUT), but that first they must love one another (IN), and cannot do either unless they remain in Him (UP).*

*We see the same balance of relationships with God – community – others, in the Old Testament prophet Micah, who asks, “What does the Lord require of you?”*

*Three things: To love mercy (have peaceful relationships with others – IN). To act justly (be a blessing in the world – OUT). To walk humbly with your God. (UP).*

*A spiritually balanced life is healthy and fruitful. The consequences of being unbalanced may lead to burn out, isolation, or being ineffective in the work God has given us to do.*

*For example, what might be the difficulties we face if we only pay attention to our relationship with God and close community, but never look outwards? Or if we look outwards with others, but don't focus on God? Or if we spend time with God, looking outwards, but don't connect with a close community?*

*Here are a few suggested questions to help you discern where God might prompt you to seek balance at this time.*

*Do a "gut instinct" mark out of 10 for the three dimensions in your life at the moment. Where do you most need to focus?*

*Relationship with God (UP)*

*There is no "fruit" without remaining or abiding in Christ. (John 15) What is your pattern of abiding? What might help you to connect with God? How much is your time connecting with God like a "transaction", and how much is it a connection?*

*Relationship with others (IN)*

*Jesus called a few people so that they could be with him. Who are the "few people" in your life with whom you walk as a Christian? Who is encouraging you at the moment? Who are you encouraging?*

*Relationship with the world (OUT)*

*How fruitful are you being for God? Where do you have the opportunity to be a blessing? Where are you taking those opportunities? Jesus went to the crowds (Luke 6). Where may you start going?*

*How balanced is your church community in these three areas?*