

Life in the Spirit

Welcome: Sabbatical/Italy Trip/Turkey Hunt/Follow us

Intro: Week 1 Review: Life-long transformational journey. Why? How?

Spirit filled- a miracle to make up for my irresponsibility

1. Healthy Relationships

Explain: The Harvard Study of Adult Development, an 80+ year longitudinal study, found that positive, deep relationships with family, friends, and community is the single most significant predictor of health and happiness. Deep social connections and "social fitness" outperform IQ, class, or genetics in predicting a long, healthy life, acting as a buffer against stress.

Argue: **Genesis 2:18**, "It is not good for man to be alone."

Marriage

- **Bible:** **Genesis 2:24, Malachi 2:16, Ephesians 5:25**
- **Spirit:** Anger, frustration turned to compassion
- **Community:** Married small group- we were not the only ones
- **God does not magically fix, He works in me to build**
- **Spiritual Practice: Community group**, activity small group/ Core

2. Meaning/Purpose

Explain: Connecting to something larger than yourself—provides deeper satisfaction than temporary pleasures.

Illustrate: Middle school- going back to church. Just a kid. There without my family.

Bible: 1 Corinthians 12- I have a special role to play

- **Spirit: Singing, Youth leader, FCA, Sunday school, outreach, college- change my major**
- **Community:** Church gave me a place to discover
 - o Our staff, next series, they found a place to discover
 - o Ministry to Pastors- still discovering!
- **Spiritual Practice: Serving/Core**, we will help you find the right seat.

3. Physical and Mental Health

Explain: Maintaining your body through regular exercise, adequate sleep, and proper nutrition supports the production of "feel-good" hormones like serotonin and dopamine.

My health is a spiritual issue. Pastors, as a group, are some of the unhealthiest people in the world.

- **Bible:** **1 Corinthians 6:19**, “Your body is the temple of the Holy Spirit.” **Philippians 3:19**, “They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth.”
 - o I’m getting older, this is more and more important.
- **Spirit:** Eating, exercise, rest, listening to the Holy Spirit by listening to my body
 - o **Allen that’s easy for you. Actually, I’m an 8 wing 7**, I am prone to overindulgence. I have to be careful about limits. (food, golf, spending)
 - o If there is good food around, I want to eat everything! In fact, my family and our staff make fun of how I respond to good food. When I say good food, I mean pretty much all food. However, I am watching my calorie consumption every day.
 - o Exercise plan, sleep/schedule plan, eating/nutrition plan.
 - o **Dr. Bennett-** I met him at 74. My most important ministry will begin as 65-30 years.
- **Community:** Mentors, friends, January co-hort. I need a group of men to help me figure this out.
- **Spiritual Practice: Fasting**

4. Gratitude/Perspective

Explain: Actively practicing gratitude and reframing negative events as opportunities for growth. This requires faith and produces hope and can rewire your brain for a more positive outlook.

Living with long seasons of disappointment: Tina’s health, Ministry pain, Life disappointment- I have a list, just like you.

Bible: **1 Thessalonians 5:18, Romans 8:28, James 1:17, Psalm 37:4, 2 Corinthians 4:17**

Spirit: Help me to see the grace and generosity of God. God has worked through my struggles for my benefit.

Community: Group this week- I am not the only one.

Spiritual Practice: Confession/vulnerability

5. Financial Stability

Explain: While wealth does not guarantee happiness, having enough to meet basic needs like food, shelter, and security is essential for reducing chronic stress.

Contentment- just a little more.

Monthly Practice: Worship

Illustrate: How do we financially prepare for retirement? Financial advisor, Tina's Real Estate Business,

Bible: Proverbs 3:9, Honor the LORD with your wealth and with the best part of everything you produce. **Hebrews 13:5,** "Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." 40% of Jesus parables!

Spirit: Contentment, treasuring Jesus above all things. Living within my means so I do not create stress in my life and sacrifice my relationships.

Community: Financial counsel- is this a wise decision? David's house

Practice: Giving

6. Autonomy/Integrity

Explain: Having the power and freedom to make the wise choice so that your lifestyle and values align, integrity. Slavery and Hypocrisy are joy killers.

- If you are controlled by a behavior that you know is hurting you, it steals your joy.
- If you are lying, hiding, covering it up, living a double life, it is even worse, no joy, no peace, you go numb.

Bible: Genesis 3- Adam, 930 years of regret. John 4, Matthew 16:6

Spirit: Galatians 5:16, a gentle nudge

Community: Ask!

Practice: Transparency

Next 8 weeks- Staff, show up, cheer them on, great series!