

January 3rd, Honoring God With Your Body
Part 1 in the series 'Feeling Good'

What were some things from last Sunday's message that resonated with you?

Was there anything you wrestled with?

Do you tend to make new year's resolutions? Why/why not?

What were the three legs in the stool metaphor from the message?

A: body, mind/soul, spirit

Pastor Jim mentioned the general rule 'when we do good, we feel good.' Do you find that to be true in your own life, when it comes to not only good deeds, but *living well*?

Why is "if it feels good do it, if it doesn't don't do it" not a good a good motto to live by when it comes to feeling good?

Would you agree that God wants you to feel good?

READ: 1 Kings 19:1-11

19 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. **2** So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, **4** while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." **5** Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat." **6** He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

7 The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." **8** So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. **9** There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

10 He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

11 The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

How does Elijah feel in this passage?

Do you find it surprising or interesting that the angel provided Elijah with food and water, after Elijah told God how distressed he was?

Why do you think this passage focuses on Elijah's sleeping and eating patterns?

Do you find it interesting the word of the Lord comes to Elijah after he has physically recuperated?

Can you place events from this passage under each leg of the stool: 'soul/mind, body and spirit'?

Why must our new year's resolutions to feel good be centered around and submitted to Jesus?

Do you ever neglect the well-being of your body when you don't feel good, thinking instead that your focus should be on on your soul or spirit?