

# GOD'S PLAN FOR YOUR WELLBEING

WEEK 4 - SUNDAY 27TH JUNE 2021

## Emotional Wellbeing

1. **Where are you on the emotional dial?**
2. **God is a God of miracles and He cares about the bigger picture of our lives.**  
*Matthew 10:29-30, Galatians 5:1.*
3. **What can we learn from Elijah?** *1 Kings 19:1-9.*
4. **Our emotions are part of how God made us.** *Philippians 4:4, 8, 11-13.*
5. **God can help us makes sense of it all.** *2 Timothy 1:7, Romans 12:2.*
6. **The journey to Emotional Wellbeing.**

### The Practical Steps to Wellbeing.

- Make Jesus the first Person you speak to when you wake up - thank Him for the blessings to come that day.
- Make Jesus the last Person you speak to before you go to sleep - thank Him for the blessings you've received that day.
- Make it a daily priority to read your Bible - you could use a phone Bible App or audio if that helps.
- Learn to speak to God in a conversational way throughout your day - this will help you to Include Him in all the decisions you make, big or small.
- Make a choice to share the Word of God with someone else, a verse or a snippet via text or WhatsApp, or pick up the phone - you will be amazed at how much this will bless you as you bless someone else.
- Be intentional in looking out for the needs of others before your own - this will help you to keep your own worries in perspective.

## 1. What can we learn from Elijah?

- **He stops.**

Making rest part of our rhythm is important, for example having a Sabbath each week.

- **He cries out to God.**

When things are hard, we are called to confess, not suppress. There is strength in vulnerability and being honest.

*Is there something you want to cry out to God? Share your burdens. It will do you good.*

## 2. What can we learn from what God does?

***God doesn't rebuke Elijah, but shows practical and gentle kindness by providing:***

- **Physical needs.**

This links to their emotions, who isn't affected by being hungry or tired?

- **An angel.**

We are not meant to cope alone; Elijah could rely on relationship.

- **Time.**

God repeats the process, strengthening Elijah.

***Seek God in prayer and ask for what you need this week to strengthen you for the journey.***

### 3. Response.

- **If your Wellbeing dial is full.**

Take time to encourage others, share simple acts of kindness.

- **If your Wellbeing dial is depleted.**

What one thing can you do this week?

*It could be rest, gratitude, turning to God's promises, telling someone 'I'm not fine', knowing you are loved, seeking out a counsellor or a GP?*

**Lord Jesus,**

***I admit my need of You and invite You to come and forgive me.***

***I believe that You died and rose again so that I could receive new joy, purpose, hope and wellbeing. Please come into my life and fill me with Your Holy Spirit. I commit to follow You and Your ways all the days of my life.***

**Amen.**

***We'd like to help you in the start of your relationship with God – please get in touch with us to ask and we'll be back to you in the week.***

***You can contact us using the details below, or via the CCCWL Website at [www.cccwl.co.uk](http://www.cccwl.co.uk)***

**My Notes.**

CCCWL website - [www.cccwl.co.uk](http://www.cccwl.co.uk)  
(Please visit the [Knowing Jesus Page](#))

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