

# GOD'S PLAN FOR YOUR WELLBEING

WEEK 6 - SUNDAY 11TH JULY 2021

## Relational Wellbeing

### 1 Kings 19:1-9

#### 1. Alone is not good.

- God's thoughts about relationships and their benefits, are expressed in the bible, at the very beginning.

*Genesis 2:18 - The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'*

***Q: Where in your life do you feel alone or think the solution is to be alone? How can you change your approach to being alone?***

#### 2. God loves you and will not leave you alone.

- God always has a plan and puts people in our way to provide support when we feel alone. You can rest in the fact that God has promised that He will NEVER leave you!

***Q: Where do you need to accept help and support from those around you? You can also turn to God and accept His everlasting love for you. Ask God to help you always feel His love.***

### **3. God wants you to forgive and experience restoration.**

- God's plan for our lives involves forgiveness as is shown in His example to us by forgiving us. This need to forgive may bring to light buried feelings and hurt that have not been resolved, but He promises that His grace is sufficient for us.

***Q: Ask God to help you on your journey of forgiveness no matter how difficult it may be and bring healing to any pain that you may be holding in your heart.***

### **4. Response.**

- What are the next steps in your relational wellbeing?
- Is it asking for help, supporting others, being in a small group or forgiving someone?
- If you would not call yourself a part of God's family and would like to change that today, you can say this prayer to start a relationship with Him.

**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)  
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