



Healthy Leaders, Healthy Life Groups

Teaching Summary

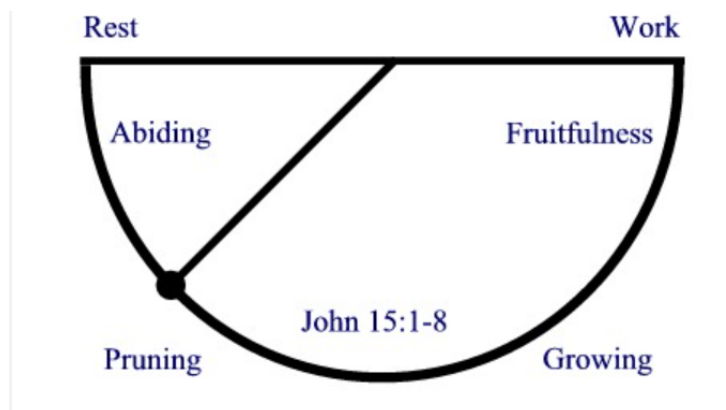
21 June 2020

In current unprecedented times of restrictions; uncertainty and change there is a higher risk than normal for each of us to face times of anxiety, worry and potential health issues. Today we looked at 5 Health areas for each of us to look at:

1. Spiritual Health

How are you going with spending time with God? What is your Life rhythm like? Our aim is not to keep Life in balance but to live a sustainable life rhythm through the busy times and through times of rest. We also looked at the principle of working from our Rest not necessarily just resting from our work. In other words using our Sabbath as a time to re-create with God so that what we do in the rest of the week is an overflow from this space. (See Genesis 1:26-2:3)

We also looked at what it means to Abide in God from John 15:1-8. There is time of work and a time of rest with pruning to be more fruitful in what we do.



2. Physical Health

We looked at the importance of our Diet, Sleep and Exercise routines to maintain our physical health; recognising that each of the 5 health areas are interconnected and all impact upon each other. (Ie our diet and sleep can impact our relational, mental and emotional health etc.)

3. Mental Health

We looked at recognising when our mental health is under strain. The need for all of us to have close friends or a spouse to reflect this to us. Also recognising our own red flags that can indicate that we are not doing well in this area.

We looked at what activities we might do that re-fuel us mentally; and to ensure that we are taking time to do this.

We touched on the idea that there can be immediate physical conditions that can also impact our mental health and impair our decision making, and before making any big decisions in life to H.A.L.T. That is to check that we are not: Hungry Angry Lonely Tired.

4. Emotional Health

We need to recognise that our emotions are not the enemy – that they are simply messengers of the heart. If we have an emotional response to something, then we need to see that the emotions - (tears , anger etc) are not actually the issue, but to look behind the emotion as to what triggered this response? Our emotions are like a gauge on our dashboard that show us a problem in the system. We need to be able to recognise our triggers and stress points.

5. Relational Health

How is my relationship with God? With my Spouse? With my children? With my parents? With my Friends? With My extended Family members? With my Work colleagues? Do I currently have any relationships that are causing me stress?

What relationships do I have that refuel me ? can I spend more time with this person(s)?

Do I have any relationships that drain me? How can I set appropriate boundaries for my time with this person(s)?

Questions to Consider:

1. Which Area of my Health do I most need to work on at Present?
2. What does it mean for me personally to “Abide in God”. (John 15:1-8)
3. What is it that I do that re-fuels me? AM I programming this activity into my calendar on a regular basis?

