



## Getting Healthy: Spiritually

The story that Jesus tells in Luke 15:11-24 of *The Lost Son – The Loving Father* shows us the path to spiritual health.

### If I want to grow UP spiritually, I need to...

1. \_\_\_\_\_

"...he wasted it all...he had nothing left...he got desperate and hungry... he finally came to his senses..." v.13-14, 17 (NIV)

GOD: "You'll find me when you get serious about finding me and want it more than anything else." Jeremiah 29:13 (Mes)

2. \_\_\_\_\_

"When he came to his senses, he said...'I have sinned against God and you...'" v.17-18 (NIV)

"Your sins have separated you from your God, and have hidden his face from you..." Isaiah 59:2 (NIV)

**Healthy Habit:** \_\_\_\_\_

"Test yourself to make sure you're solid in the faith. Don't drift along taking everything for granted. Give yourself regular checkups. If you fail the test, do something about it." 2 Corinthians 13:5 (Mes)

3. \_\_\_\_\_

"The son drifted away saying, 'Give me my share...'" v.12 (NIV)

"He returned to the Father saying, 'Make me a servant'" v.19 (NIV)

### The father's response:

"Filled with love and compassion, he ran out to his son, threw his arms around him, and kissed him! ...Bring the best..." v.20, 22 (NIV)

4. \_\_\_\_\_

"We're going to celebrate with a feast of eating and drinking... He was lost but now he's found! So the party begins!" v.23-24 (NIV)

"Sing to God, sing praises to his name; lift up a song to him... his name is the Lord!" Psalm 68:4 (ESV)



## Reflection and Discussion Guide

### Getting Healthy: Spiritually

**Intro:** The key to getting healthy starts with our thoughts. Changing our thoughts will change how we feel, and our feelings will influence our actions. Share how you've experienced this in your journey.

**Read:** Jeremiah 29:13 (Mes) – on the back of this page

**Discuss:** God says in the above verse, "Get serious about finding me." What does "getting serious" look like in a person's life? How can we know when we are making progress about getting serious?

**Read:** "Your sins have separated you from your God, and have hidden his face from you." Isaiah 59:2 (NIV)

**Discuss:** What are some things that can separate us from God?

**Read:** "When he came to his senses, he said, 'I have sinned against God and you.'" (Luke 15:17-18 (NIV)

**Discuss:** Notice how the Lost Son's life was unmanageable until he recognized the sins that separated him from God. Why does sin make our life unmanageable? What are you trying to manage in your life right now that you can turn over to God?

Often sin develops when we begin to love something more than we love God, so that "something" becomes an idol. Name things that could easily become idols in your life.

**Read:** "...be transformed by the renewing of your mind." Rom. 12:2

**Discuss:** Being transformed, getting healthy by the renewing of your mind, can be difficult because changing your thinking requires persistent effort. Share ways you've experienced this and how it shapes the way you view the world.

God loves us unconditionally and is always waiting for us to come to him, like the Loving Father in Luke 15:20. Knowing this, what makes us hold back from getting closer to God?

Having nothing left often makes us draw closer to God, while having everything may cause us to drift from him. Why does life seem to work this way? How can we prevent this in our lives?