

A photograph of a train moving through a city at sunset. The train is on the right side of the frame, moving towards the left. The windows of the train are illuminated from within, creating a warm, golden glow. In the foreground, a black street lamp with two glowing lanterns stands on the left. The background shows a city skyline with several tall buildings silhouetted against the bright orange and yellow sky of the setting sun. The overall mood is serene and contemplative.

Spiritual Health Train

A group of four people (two men and two women) are captured in a dynamic, athletic pose, performing a lunge exercise. They are positioned on a set of red and black step platforms. The individuals are dressed in modern athletic wear, including tank tops, long-sleeved shirts, and shorts. The background is a plain, light gray, which emphasizes the subjects and their movement. The overall mood is energetic and focused.

Spiritual Health Train

1 Timothy 4:8

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

SPIRITUALLY

UNHEALTHY





Where it starts...

Fatigue & Injury

Lack of rest, overworked, overuse, imbalance, conflict- offence, insufficient resources, trauma

A Breakdown of Discipline *or lack of discipline*

Life Happening- illness, life events, family life, work schedule, stress (including financial)

Disconnection

A breakdown of commitment, loss of desire/appetite, abandoned goals



A spiritually unhealthy person will probably fall into one of three categories;

1. **Disconnected/dismissive**
2. **Rebellious/ hostile**
3. **Backslidden/lost**



A spiritually rebellious person would be someone who actively works against the plans and priorities of God. They would likely be openly hostile to the name of Jesus, and critical toward those who claim to follow Christ.

A spiritually backslidden person would be someone who knows better than to adopt a worldly mindset or sinful behaviours, but the allure and temptations of sin look so appealing to them that they keep welcoming more and more worldliness into their lives.



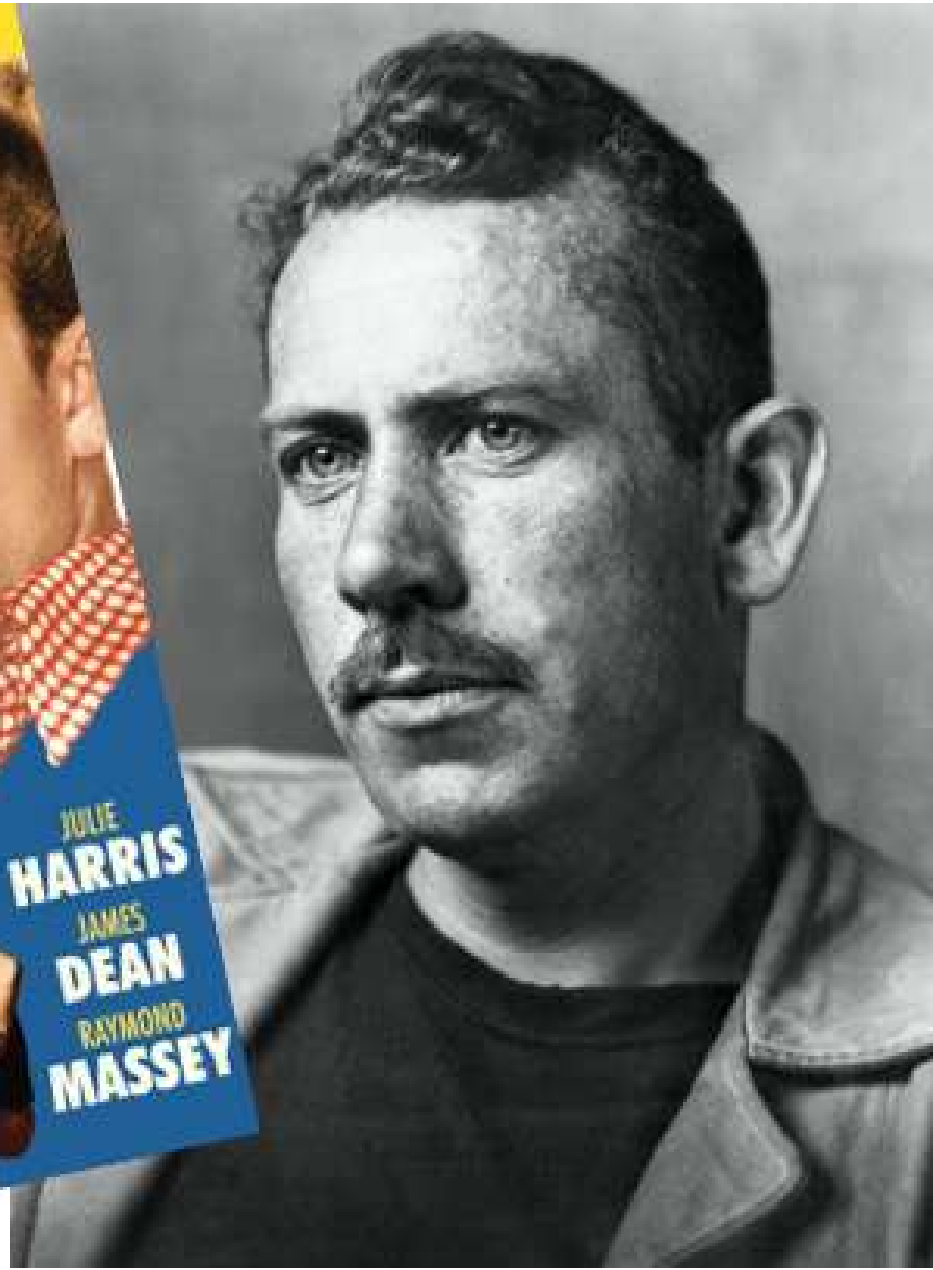
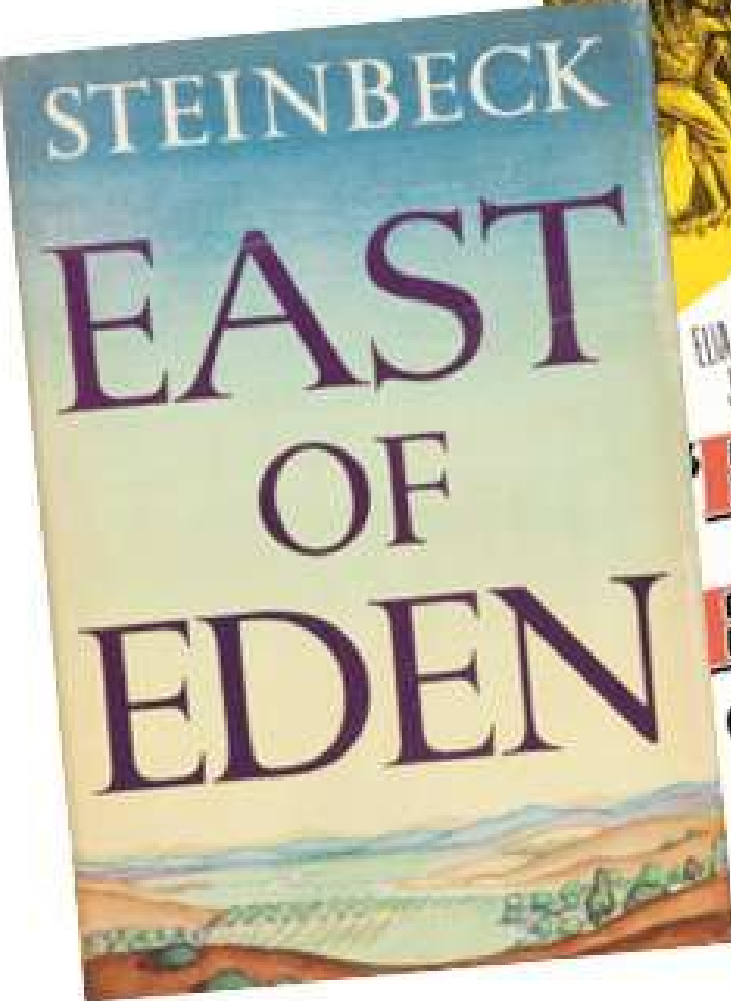
A spiritually dismissive person would be someone who has stopped thinking about the spiritual matters/area of their life.

Their focus and priorities would largely be dominated by the cares of this world and getting ahead in it.

They can be in church, but disconnected from what is happening around them- God could be speaking to them directly, and they do not hear.



HELP!

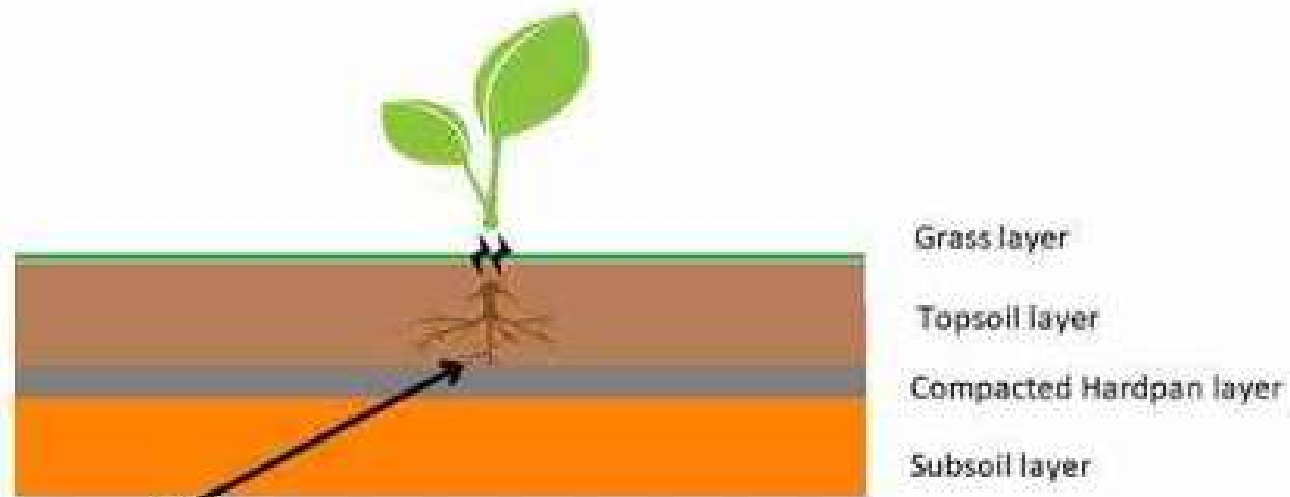


It wasn't very long until all the land in the barren hills near King City and San Ardo was taken up, and ragged families were scattered through the hills, trying their best to scratch a living from the thin flinty soil. They and the coyotes lived clever, despairing, submarginal lives. They landed with no money, no equipment, no tools, no credit, and particularly with no knowledge of the new country and no technique for using it. I don't know whether it was a divine stupidity or a great faith that let them do it. Surely such venture is nearly gone from the world.

And the families did survive and grow. They had a tool or a weapon that is also nearly gone, or perhaps it is only dormant for a while. It is argued that because they believed thoroughly in a just, moral God they could put their faith there and let the smaller securities take care of themselves. But I think that because they trusted themselves and respected themselves as individuals, because they knew beyond doubt that they were valuable and potentially moral units—because of this they could give God their own courage and dignity and then receive it back. Such things have disappeared perhaps because men do not trust themselves any more, and when that happens there is nothing left except perhaps to find some strong sure man, even though he may be wrong, and to dangle from his coattails.

“You’ll have to know that under a good part of the valley, some places deep and others pretty near the surface, there’s a layer called hard-pan. It’s a clay, hard-packed, and it feels greasy too. Some places it is only a foot thick, and more in others. And this hard-pan resists water. If it were not there the winter rains would go soaking down and dampen the earth, and in the summer it would rise up to the roots again. But when the earth above the hard-pan is soaked full, the rest runs fresheting off or stands rotting on top. And that’s one of the main curses of our valley.”

What Is A Hardpan In Soil - GrowerExperts.com



Roots cannot penetrate the hardpan
leading to reduced plant growth



Matthew 13

²⁰ The seed on the rocky soil represents those who hear the message and immediately receive it with joy. ²¹ But since they don't have deep roots, they don't last long. They fall away as soon as they have problems or are persecuted for believing God's word. ²² The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced.

Colossians 2:6-7

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. ⁷ Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

Develop deep roots that bear fruit



Healthy grass, healthy trees,
and healthy plants develop
deep roots...
Healthy Christians do the
same.

Hear God's word and hold onto it

Luke 8:14-15

¹⁴ The seeds that fell among the thorns represent those who hear the message, but all too quickly the message is crowded out by the cares and riches and pleasures of this life. And so they never grow into maturity. ¹⁵ And the seeds that fell on the good soil represent honest, good-hearted people who hear God's word, cling to it, and patiently produce a huge harvest.

Develop a sincere longing for the presence of God in your life

1 Peter 2:2-3

² Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, ³ now that you have had a taste of the Lord's kindness.