

A blurred train moving from right to left across the frame. The scene is set at sunset, with a bright orange and yellow sky. In the foreground, there are black streetlights with two glowing lamps each. In the background, a city skyline is visible against the sunset. The overall mood is warm and contemplative.

# Spiritual Health Train



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

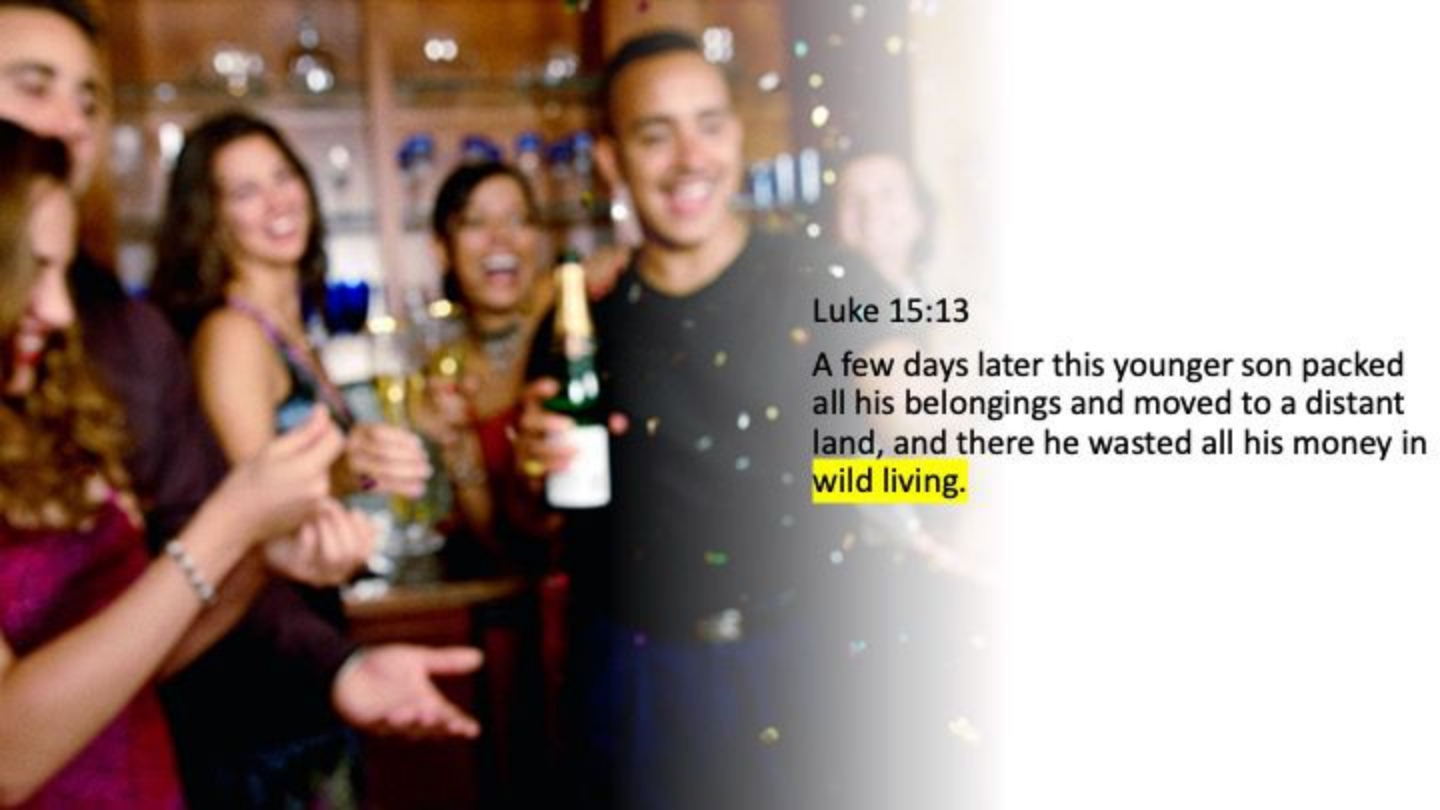


A spiritually unhealthy person will probably fall into one of three categories; disconnected/dismissive, rebellious/ hostile, or backslidden/lost.

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.





Luke 15:13

A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in **wild living.**

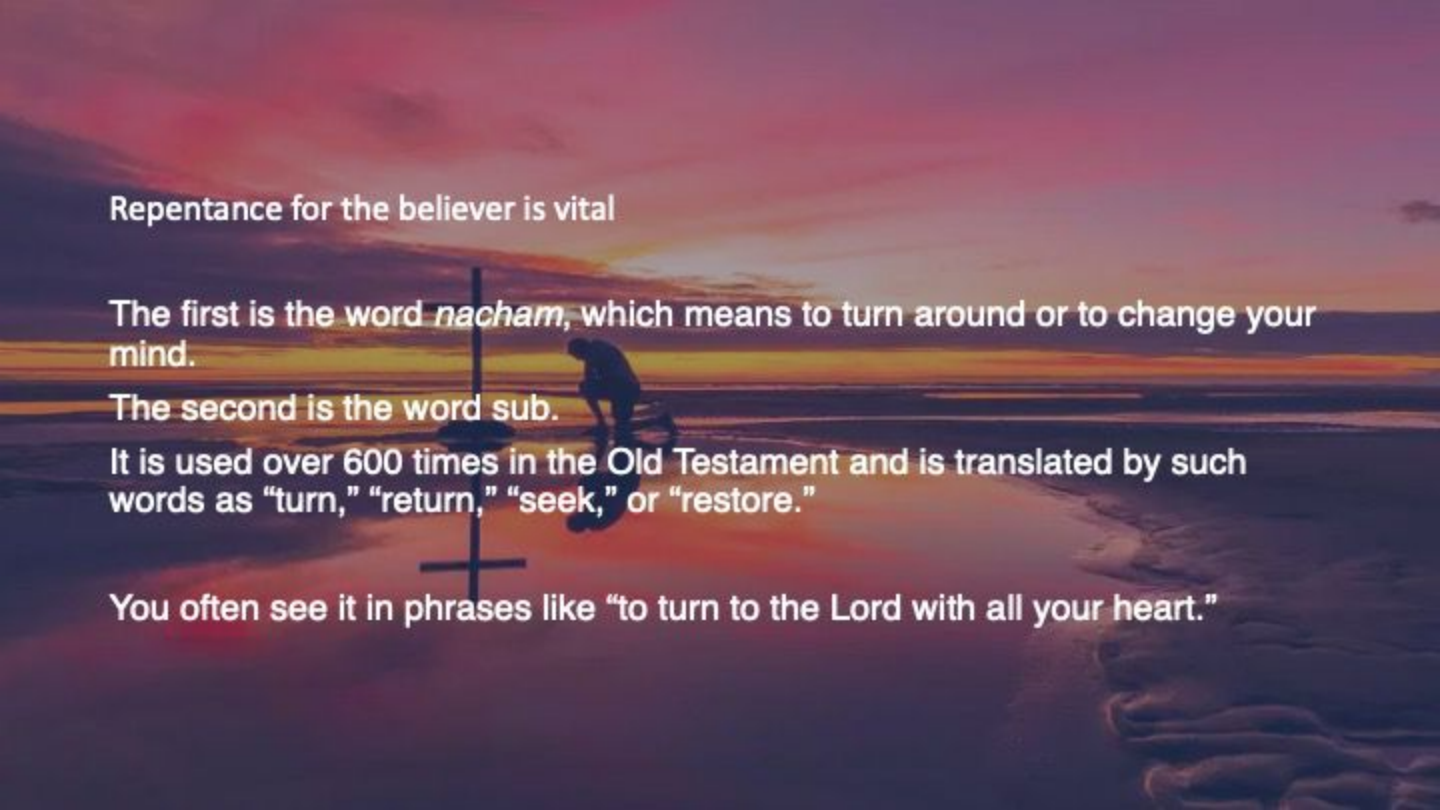
A spiritually dismissive person would be someone who has stopped thinking about the spiritual matters/area of their life.

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.

Matthew 13:13

This is why I speak to them in parables: "Though seeing, they do not see; though hearing, they do not hear or understand."

A person is kneeling on a beach at sunset, with a cross visible in the background. The scene is silhouetted against the warm colors of the setting sun. The person is positioned in the middle ground, facing away from the camera towards the ocean. The cross is a simple black outline, standing upright. The background shows the horizon line where the sun is setting, creating a gradient of colors from orange to purple. The foreground is the wet sand of the beach, reflecting the light from the sky.

Repentance for the believer is vital

The first is the word *nacham*, which means to turn around or to change your mind.

The second is the word *sub*.

It is used over 600 times in the Old Testament and is translated by such words as “turn,” “return,” “seek,” or “restore.”

You often see it in phrases like “to turn to the Lord with all your heart.”

*'SUB'*

## 1 Corinthians 3:18-23

<sup>18</sup> Stop deceiving yourselves. If you think you are wise by this world's standards, you need to become a fool to be truly wise. <sup>19</sup> For the wisdom of this world is foolishness to God. As the Scriptures say,

“He traps the wise  
in the snare of their own cleverness.”

<sup>20</sup> And again,

“The LORD knows the thoughts of the wise;  
he knows they are worthless.”

<sup>21</sup> So don't boast about following a particular human leader. For everything belongs to you— <sup>22</sup> whether Paul or Apollos or Peter, or the world, or life and death, or the present and the future. Everything belongs to you, <sup>23</sup> and you belong to Christ, and Christ belongs to God.

A man in a red long-sleeved shirt is slumped over a desk in a dimly lit room, possibly a library or study. He has his head buried in his hands, looking extremely stressed or overwhelmed. On the desk in front of him is a thick book with a yellow cover and a pair of glasses. The background shows rows of wooden bookshelves filled with books, suggesting an academic or professional setting. A white speech bubble with the word "HELP!" in blue capital letters is positioned above his head, indicating his state of distress.

**HELP!**

## Colossians 2:6-7


And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. <sup>7</sup> 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.



Every Christian would agree that  
a man's spiritual health is exactly  
proportional to his love for God.

C. S. Lewis

 quoteCandy

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

1 Peter 2:2-3

<sup>2</sup> 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, <sup>3</sup> now that you have had a taste of the Lord's kindness.

Hear God's word and hold onto it