

WEEK FIVE

Spiritual Wellbeing

INTRODUCTION

Today we are looking at spiritual wellbeing from a Christian perspective. In any culture, spiritual wellbeing is associated with certain practices based upon the brand of spirituality being followed. In UK culture, many may follow certain practices without knowing the spiritual roots of those practices. This session focuses unapologetically upon the practices associated with Christian spirituality and wellbeing.

Our guests in today's session include with Miriam Swanson, who worked with students in the UK and Europe for the best part of a decade then recently moved to Florida, where she is now helping churches reach college students in the US; Pete Greig, a best-selling author, pastor and instigator of the 24-7 Prayer movement which has reached more than half the nations on earth; Pastor Agu Irukwu, senior pastor of Jesus House and UK leader of the Redeemed Christian Church of God (RCCG) – the world's fastest growing Christian denomination; and Kerry, who tells how Jesus has transformed her life.



Starter Questions

- What practices does society associate with spirituality?
- Which strong traditions are part of the UK's Christian heritage?



WATCH THIS WEEK'S VIDEO



Discussion Questions

1. Take a minute to think about where your spiritual dial is currently. How are you doing?
2. Miriam Swanson talks about experiencing peace in a cathedral. When and where have you been aware of the spiritual realm? Was it a good or bad experience?
3. Do you think of God as a Father with the door always open or do you have another picture you could share with the group?
4. Pastor Agu describes how he organises his life so he hears from God. Have you ever consciously connected with God? List the practices that can help us to

hear from God and connect with him?

5. Living on a houseboat forces Pete Greig to slow down. How do you slow down, and how do you cope with silence and solitude?
6. How do you respond to Kerry 's personal story about how her life has changed since she became a Christian?



ACTIVITIES/TOOLS

1. Split into groups of two or three. Looking at your lists of what helps people connect with God, choose one of these practices that you can do more of or do for the first time this week? If this is new to you, ask the others in your group how they do this or ask your group leader.
2. What gets in the way of hearing from God and being aware of his presence?
3. Kerry says her experience of God has changed her life. How does our spiritual wellbeing affect other areas of our wellbeing?
4. What do you think of the statement 'Christian prayer is a two-way conversation'?



FINAL THOUGHT

What are you taking away from today's session?

Why not be silent for a few moments together or as the group leader plays an appropriate piece of music to help you listen to God. Ask God to speak to you as you listen for him.