

Healthy Habits Series

Practice / Week 4



Week Four: Stages of Faith - SPIRITUAL & FINANCIAL health. October 9

Begin with Prayer

- Whether you are alone or with a group, in a living room or around a table, take a few mins to invite the Holy Spirit to be with you and guide your time.

Practice / Discussion Questions

- Consider your journey of Christian faith as a sliding scale. If #1 is “just getting started” and #10 is “full speed ahead”, where would you place yourself on the scale? How long has it taken you to get to that place? Are you content with where you find yourself on the scale?
- Abraham started his journey of faith when he was 75 years old. (Genesis 12:1-9), Moses was 80 (Exodus 3), Jeremiah had 40-50 years of hard work (Jeremiah 1: 4-8 ; 17-19) [Check out these verses for reference]
- What could you take away from the faith journeys of the above-mentioned biblical figures? Do you relate to one more than the others? Is there a biblical figure NOT listed here that you relate to better when considering your journey of faith?
- **David was a Shepherd boy long before he was King** - 1 Samuel 16: 1-13

Read this Scripture: (After reading, meditate on it in silence or through journaling and then discuss if you are in a group)

- 1 Samuel 16: 1-13

Reflection

- This series has been exploring the relative health of our spiritual lives, our mental and emotional states and even our handling of finances. Is having “finance” listed alongside other, very personal areas of our lives uncomfortable to you? How do you think financial health relates to the other 4 areas being examined in this series?

Close in Prayer