



Soul Detox Week 2 - Be Whole my Disconnected Soul

Welcome - how's this week been for people?

What ways have you found this past week to look after and invest in your soul a little?

Word - Explain that this is week 2 of the Soul Detox series...

This week the theme is "Be whole my disconnected soul".

"From the elder to my dearly loved brother Gaius, whom I truly love: Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering." - 3 John 1:1-2 TPT

- What do you think it means for your soul to be prospering?

The enemy of the soul this week = Disconnection

- If we are holistic people, how important is it that we pay attention to our physical, emotional, mental and spiritual well-being?
- What are you learning about these different aspects of who you are?
- Discuss the 'filling your emotional bucket' idea that was suggested on Sunday.
- Do you know what drains you and what energises you?
- What are you doing to ensure there are energisers filling your bucket?

The second area of disconnection to think about is **with other people**.

"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." Heb 10:24-25 NLT

- How important is human connection to the health of our soul?
- Why do we find it so hard at times to really connect with other people?

Our Lifegroups are now to be called CONNECT groups!

- In what ways have you found small groups helpful to you and to your soul?
- How can our group become even more effective going forwards?

The third area of potential disconnection we are considering is **with God**....

- When do you feel most connected to God? And most disconnected?

Consider this verse as you draw things to a close....

"With passion I pursue and cling to you. Because I feel your grip on my life, I keep my soul close to your heart." - Psalms 63:8 TPT

- How can we keep our souls closer to God's heart?

Take a moment to reflect. Is there anything causing a disconnection in your relationship with either God or other people that you need to put right?

Finish by praying for each other.

