



## Beyond the Sermon

A Sermon Application Guide

Title: Healthy Living

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

### Prayer

*"God would you help me be more balanced in my walk with you? Would you forgive my sins as I have forgiven those who have sinned against me? Today as I walk forward, guide me. God all of the power and all of the honor belong to you. Help me be an obedient listener and hear your voice as you talk to me. In Jesus' beautiful name, amen."*

### Message Theme

Living Solid | Achieve Balance In Your Life

### Key Truths

**There are 3 parts of our life that have to be balanced so we can fully honor Christ. Our body, soul, and spirit.**

The walk that comes after being baptized can be explained well with the story of Elijah. He lived in Israel where the king and his wife, Ahab and Jezebel, followed a false God, Baal. Ahab approached Elijah about following Baal rather than him following God, and Elijah stayed strong. He decided that they would each build an altar and see which god showed up. When the day came to call upon them, Elijah had all 450 prophets of Baal ask their god to send fire down to destroy the altar. Nothing happened. Elijah on the other hand had water brought to his altar until it was overflowing. As he prayed, fire fell from heaven and burned the altar completely. Revival broke out as all of the Israelites began to believe in the one true God. The very next day, Elijah had a mental health crisis and hit a low point.

How could Elijah go from a powerful moment with God to a low point in that short amount of time?

**Some things about Elijah that might pertain to us:**

- Elijah began to focus on man, not God. When we listen to a person rather than God, we can get filled with fear or steered in the wrong direction. When we realize that we answer to God alone, we will be fine.
- Elijah forgot the miracle he just witnessed. We have to remind ourselves of the miracles from God.

- Elijah thought he was all alone. The enemy likes to make us think that we are alone but the God who created us is with us even now.

### **How God answered and what He did for Elijah:**

- The first thing the Lord fixed in Elijah was the physical ( 1 Kings 19:5).  
*God fed and strengthened him for the journey. This life is not about us but about honoring God. One way to honor God is to take care of the bodies He gave us.*
- God worked on Elijah's mental health (1 Kings 19:11).  
*He told Elijah where to go so the Lord could pass by close. Whatever is happening around us, knowing God is close brings peace. Seek the Lord. God had given him first the strength so he could be ready for the presence of the Lord.*
- God gives Elijah his spiritual calling (1 Kings 19:15).  
*Elijah did what God called him to do and he got his life back in order.*

### **Practical Application**

- What part of you is out of whack for what God put you on the Earth for? We have to keep growing our spirit, soul, and body. Let's commit to living like we are solid in the Lord God Almighty in our day to day walk. Let's let God give us proper balance like he did to Elijah.

### **Reference Verses**

- 1 Kings Chapter 18 and 19

### **Declarations**

*"God is more than worthy of my time and praise. I want to prioritize listening to God and growing my faith so I can serve the Father and his kingdom. I have been blessed far deeper and greater than I understand by a perfect Father".*

### **What's Next?**

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

## Scripture Reference

### Healthy Living

#### **1 Kings 18 & 19 NIV**

**1 Kings 19:1-2 NIV** So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

**1 Kings 19:3-4 NIV** Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.”

**1 Kings 19:5 NIV**...an angel touched him and said, “Get up and eat.”

**1 Kings 19:6-8 NIV** He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food...

**1 Kings 19:11 NIV** The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”

**1 Kings 19:15-16 NIV** The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel...”



*If hearing God or anything mentioned in this study is new to you then we invite you to take the Next Step.*

*Further information can be found at [reslife.org/nextsteps](https://reslife.org/nextsteps)*