

Cell Group Bible Study
INLAND CHURCH

6

Is your soul okay?

Praise with Joy : Hymn 406 "I have found sweet rest"

Bible Verse : 1 Timothy 4 : 5-8

Focusing on Words : Oftentimes we see one of natural disasters, sinkhole. It is a phenomenon in which all of sudden the ground goes down and makes a big hole. It happens not only in nature but also in our spiritual lives. We at times experience the extreme sense of going down when we feel emotional emptiness, helplessness after a complete failure, or disillusioned with life. It is essential that we take care of our soul to make sure the above things don't occur in our lives.

Understanding the background : The main text encourages Timothy to be a good minister according to the truth of the gospel. It emphasizes not only physical training for the body but also godliness for the soul. We must remember Paul's words that 'for physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.'

Sharing the Words

1. Observing & Contemplating : Read Mark 1 : 35, 6 : 30-31

- 1) What did Jesus do very early in the morning, while it was still dark? (Mark 1 : 35)
- 2) What was Jesus's advice to disciples as well as to himself? (Mark 6 : 30-31)

Applying & Sharing

- 1) David is a great king to unify Israel. However, in his heyday he committed adultery with Bathsheba and killed Uriah when he was lazy taking care of his soul. Are you well taking care of your soul? If you score the condition of your soul in the scale of 1 to 10, the highest, what is the score? What is the reason for the score?

2. Observing & Contemplating : Read 1 Timothy 4 : 5-8

- 1) What are the things that are necessary in order to be a good minister of Christ Jesus by taking good care of our soul? (1 Timothy 4 : 6)
- 2) In verse 5, Paul suggests things more specifically. What are those? (1 Timothy 4 : 5)

Applying & Sharing

- 1) 'Taking good care of your soul' means having a good relationship with God. The relationship with God will only be consecrated by the word of God as it says in 1 Timothy 4 : 5. What do you need the most in order to keep in mind and contemplate God's word? Please share your resolution to start right away this week.
- 2) One of the important things to take care of your soul by is prayer. Does my prayer expand from the stage of taking care of my soul to cell group and church, country and mission? Please share the most repeated content of your prayer.

Conclusion : Our soul is just like a garden. If you take good care of your garden by the word of God and prayer, it will be a beautiful place at which you will have a good relationship with God. However, when you neglect to take good care of it, it will fall apart and be a ruined ugly garden within months. When you pull out weeds such as bitter roots in your mind by the word of God, and supply fresh water just like a lively gospel by the prayer, your soul will become a well maintained garden.

Prayer reflecting the Words

1. Help us to do our best paying attention to our soul and taking good care of it by the word of God and prayer.
2. Let our families and cell groups remember the grace of the cross and be fresh day by day by the gospel.
3. Bless the V.B.S. and the youth retreat of the Inland church that they will be well prepared and carried out, and give the wisdom and the power of grace to the teachers and volunteers.