

BREATHE ... *again*

#1 CPR for Your Soul

Introduction

Most people begin their journey with Jesus full of hope, enthusiasm, joy and passion. I mean, why wouldn't you when you realise what Jesus has done for you and what you have been set free from! But many people experience a drift in their enthusiasm for Jesus or are pushed by life's storms into a place where spiritual passion & joy is exchanged for spiritual obligation.

They need a breath of fresh air. We need spiritual CPR... and only God can do that.

Ice Breaker

When have you felt most "alive" in your faith? Why do you think you felt like that?

Talk about it (*pick one or two thoughts from below and share*)

1. "The Doldrums" is a place that is dead and without hope. Most people experience it. Nearly all of God's "heroes of the faith" went through it. Talk about why we might drift there, or are driven there?
2. When we are in the doldrums we either fake it, put off doing something about it, give up, or die (spiritually, emotionally, relationally etc). What might be the risks of such a response?
3. Compare Deuteronomy 30:19 with Genesis 2:9 & Revelation 2:7. God is always calling us to choose life. What stops us?
4. We can respond to our situation in life in one of two ways. We have a choice. The choice is either external behaviour modification (world's ways) or internal heart transformation (the work of the Holy Spirit) . Discuss the difference between these choices and how they might apply to your life.
5. Read John 14:15. How have you read this verse? Think about it as a relational comment from Jesus that doesn't command obedience, but knows that to obey will be the fruit of our love for Jesus. Talk about it.
6. The spiritual principle that helps us to breathe again is to "fall in love with Jesus". What does that look like for you? How might you begin that journey again or in a fresh way?

The Next Step.

Ask yourself this question this week... am I living out a modified behaviour (my efforts, my strength, my values) or living out of a transformed heart (the work of the Holy Spirit)? What is the difference and what do I need to change in order to live out of a love relationship with Jesus? Remember that John 14:15 begins with love in order to produce the fruit of obedience. Start there and see what God does in your life.

Verse to memorise

“If you love me, you will obey what I command.” (John 14:15 NIV)