



Part 5: Wellness by Healing Pleasures – Obedience

1 John 5:1-3

1. Since we are at the halfway point of this series, write down the top things you've learned (or been encouraged by) from Scripture so far. _____

2. Why does the command to *worship* God equate to being commanded to be as *happy* as possible?

 - a. Why does this seem strange at first glance? _____

3. How do **Mark 2:16-17** and **Jeremiah 17:9** refer to our sin? In what ways is this a helpful metaphor to ponder? _____

 - a. Why is it critical to embrace this metaphor for *myself*? _____

4. Read **1 John 5:1-3**. What are two main reasons why people view God's commandments as "burdensome"? _____

 - a. How does **Romans 8:1** and **Psalms 16:11** break these false views? _____

 - b. Why are the words of Jesus so helpful in **Matthew 11:28-30** here? _____

5. Read **Acts 3:26**. Why is it helpful to view obedience to God's commands as medicine? _____

 - a. What are recent examples of when the "medicine of obedience" tasted terrible to you at first? _____

 - b. How have you seen God heal your soul through the medicine of obedience recently?

c. Why is **Hebrews 5:14** so radical in what it teaches? What would motivate someone to truly live this way – moment by moment? _____

d. On a scale of 1-10 (10 = perfection) how much does your daily life reflect **Hebrews 5:14**? Why?

6. **Read Proverbs 25:28.** How does obedience protect you from getting sicker? _____

a. What area in your life requires immediate attention regarding self-control? _____

b. What next steps will you take to be self-controlled in this area to heal further? _____

7. Read **Proverbs 11:17**. Is it wrong to be kind to others in order to “benefit” yourself? Consider **Hebrews 11:6**. (Note – the question assumes genuine kindness, not flattery or fake kindness). _____

8. Read **John 15:10-11** along with **Psalms 16:11**. According to these passages – why is it biblical to speak of obedience as “healing pleasures”? _____

9. Discernment of entertainment was spoken of during the sermon. Fill in the blanks regarding the question you’re encouraged to ask yourself here: “Will this entertainment _____ me to treasure Jesus _____ or _____?”

a. Why is this the question we should always ask when it comes to entertainment? _____

b. How can some non-Christian entertainment help you get closer to Jesus? _____

c. What types of non-Christian shows and movies do you think should be avoided all together?

10. Read **James 1:17**, **Psalms 16:2** and **Psalms 73:25**. How does enjoying God THROUGH His gifts regulate your desires for those gifts (not too much or too little)? _____

11. What is your main take-away from this teaching? _____
