

Small Group Guide: Spiritual Health Check-Up

October 4, 2025

Opening Question:

Have you ever had a physical health issue that turned out to be more serious than you initially thought? How does this relate to our spiritual health?

Key Takeaways:

1. We can be spiritually ill without realizing it.
2. God knows our hearts better than we do ourselves.
3. The Song of Moses reminds us of God's faithfulness and our tendency to stray.
4. Believers are called to a higher standard than just following rules.
5. Regular spiritual self-examination is crucial for our faith walk.

Discussion Questions:

1. The message mentions that we can be "spiritually ill and not realize it." What are some signs that might indicate spiritual illness in our lives?
2. How does the Song of Moses (Deuteronomy 32) apply to believers today? What lessons can we learn from it?
3. "Torah observance is nothing more than 'doing' unless it is done in whole-hearted devotion to God." What does whole-hearted devotion look like in practical terms?
4. Discuss the statement: "Yeshua is calling us – some of us anyway – to go above and beyond." What might this look like in your life?

5. How can we help each other stay spiritually healthy within our community of believers?

6. The message touches on the increased interest in Shabbat. How can we ensure that our faith goes beyond just observing certain practices?

Practical Applications:

1. Conduct a spiritual self-examination this week. Reflect on areas where you might be drifting or neglecting your relationship with God.

2. Memorize Ecclesiastes 12:13-14. Reflect on how these verses can guide your daily decisions and actions.

3. Identify one way you can "go above and beyond" in your faith walk this week. Share your plan with the group and follow up next time.

4. Commit to regularly attending and actively participating in your faith community to stay spiritually accountable and encouraged.

5. Choose a partner from the group to pray with and check in on each other's spiritual health throughout the week.