



# WELLBEING: AN **INSIDE OUT** ISSUE — PART 1

18<sup>th</sup> April 2021  
#tbsundayteaching

# PRAISE AND THANKS

Good Morning YP. God bless you all as we start a new half term of teaching.

Let's start by thanking God for:

- a) Keeping us & our loved ones safe during this difficult period.
- b) Giving us family and friends to support and look after us.
- c) The chance to meet again face-to-face at church.
- d) Add your own prayer point

Now Listen and sing along to this song of praise:

This is Amazing Grace

<https://www.youtube.com/watch?v=rjXjkbODrro>



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“Wellbeing” is a word that has been banded about at school and in the media particularly over the last 18 months as we faced the consequences of “Yet another lockdown.”

...But what does “wellbeing” mean to Christians?

We will look at:

- a) What does the Bible tell us about wellbeing?
- b) How does our personal wellbeing affect our lives and our environment around us?
- c) Practical Biblical ways we can improve our wellbeing?



# WELLBEING: AN **INSIDE OUT** ISSUE

We are going to be listening to the first part of a talk from Dr John Andrews looking at Proverbs 4:23-27.



In this talk John reminds us that:

1. That the **wellbeing of our hearts** is vitally important.
2. That how we are **inside** affects our **outside**.
3. That we need to **take care** of our hearts.

We will be listening to the rest of the talk in a later session exploring 3 practical ways that we can take care of our hearts.



# READING : PROVERBS 4:23-27

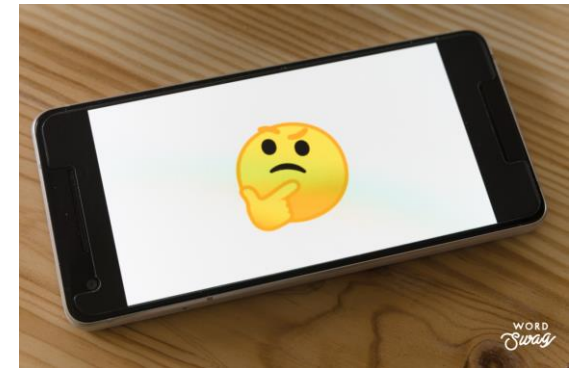
Before we listen, let's look at the passage.  
Let's think about the meaning and context.

Read Proverbs 4:23-27 in your own Bible.

Now look again at verse 23 and read other translations.  
(Remember you can use [biblegateway.com](http://biblegateway.com) to do this)

Think about and research if necessary:

- a) What does this passage tell us about God, ourselves and how we should live?
- b) Bible context – when was it written and who was it written by? (hint: read the beginning of the book and 1 Kings 3/2 Chronicles 1)



# WELLBEING: AN **INSIDE OUT** ISSUE

Let's now listen to the first part of the talk from Dr. John Andrews.

<http://www.youtube.com/watch?v=GKGnl22RXlg&t=57m15s>

We are looking at his talk up to **1h04m52s**

We will look at the rest of the talk at a later date however, you can listen to all of it if you want to give yourself a heads up!



# PRAYER AND REFLECTION

1. What are three things you have taken away from the talk?

2. Is your heart well?

3. In what ways can you “guard your heart” and look after your inner wellbeing?

Write and say a short prayer asking Jesus to help keep your heart well.

