



“Spiritual Wellness”

*A life of consecration
Deuteronomy 6:1-9*

Preparation that has:

I. Potential – “in the land that flows milk and honey” (vs.1-3)

That we might be:

- A. **F** _____ - “that you might do them in the land”
- B. **F** _____ – “That you might fear the Lord thy God”
- C. **F** _____ – “that you might increase mightily”

II. Priorities – “with all thy soul ...with all thy might” (vs. 4-7)

It’s how we should:

- A. **L** _____ - “thou shall love the Lord thy God with all your heart”
- B. **L** _____ – “thou shall teach them diligently unto thy children”
- C. **L** _____ – “talk of them when you sit...walk...lie down...rise up”

III. Promptings – “you shall write them” (vs. 8-9)

That we consecrate our:

- A. **Ha** _____ - “bind them for a sign upon thine hand”
- B. **He** _____ – “they shall be as frontlets between your eyes”
- C. **Ho** _____ – “upon the posts of your house”

Sentence Sermon

*“Our spiritual health depends on
being in harmony with God’s ways.”*

Additional Verses

- **John 14:21**
- **Matthew 3:16-17**
- **Exodus 13:9, 16**
- **Matthew 28:18-19**
- **II Corinthians 13:14**
- **I Peter 1:1-2**
- **Psalms 119:16-175**
- **Genesis 2:24**
- **Matthew 22:36-40**

Questions to Ponder

1. What are the key words or phrases in this passage?
2. Who are the central characters of the passage?
3. Why did God want them to hear His statutes before entering the land?
4. What picture comes to mind when you hear about a land of milk and honey?
5. How would you harmonize the Trinity with verse 4?
6. How much time do you consider your spiritual health compared to physical?
7. What does someone who loves God w/ all their heart/soul/might look like?
8. How would you summarize the message of verse 7?
9. What can we use today to help us remember instead of Phylacteries?
10. What all goes into living a life consecrated to God?
11. How would you describe your spiritual health using physical health terms?