



RE▶

DOING LIFE TOGETHER  
**WELLNESS EDITION '22**

*Let God RE-Store your health and RE-Plenish your spiritual well-being!*

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PART 4

RE▶ Gain & RE▶ Think

***Wellness is a multi-dimensional, multi-layered and often complex concept which requires us to know our mental, emotional, physical and spiritual needs.***

# RE▶Gain & RE▶Think

with

## Sherell DIANE

Revelation  
2:2-6  
(ESV)

***I know all the things you do. I have seen your hard work and your patient endurance. I know you don't tolerate evil people. You have examined the claims of those who say they are apostles but are not. You have discovered they are liars. You have patiently suffered for Me without quitting. But I have this complaint against you. You don't love Me or each other as you did at first. Look how far you have fallen! Turn back to Me and do the works you did at first. If you don't repent, I will come and remove your lampstand from its place among the churches.***

**Disclaimer from Sherell:** The message on the **RE-Gain** and **RE-Think** topic will focus on her personal experience of God's Word. She hopes you will stay open to the message that could be in her story for you or someone you know.

### 1. RE-Gain

The Google definition of regain is to: "Obtain possession or use of something after losing it."

Let's ask the question: To **RE-Gain** something, must we necessary lose something? If so, what would that be?

We may find the answer in **Revelation 2:14 (NLT)**: "But I have this complaint against you. You don't love Me or each other as you did at first."

Have you lost your love for God? Like many of us, if you did, that may be the most painful acknowledgement. It's like sitting in a fire of shame.

Then the next question: How did you lose your love for God?

Again, for many of us that may be a belief of some holy idea of service – diligently serving all but Christ, our family, work, the church, community programmes... and the list goes on.

**Revelation 2:2 (NLT)**: "I know all the things you do. I have seen your hard work and your patient endurance."

Then the next question: Who else have we lost our love for?

It is not easy to answer this. How do we pray and find the faces and hearts of the people we lost our love for? Let's go back to God's Word, the Bible.



Do you realise that we can sometimes be so fixated on seeking truth from the world around us instead of the One True source?

*So, what could result from us not loving God as we did at first?*

Burnout, depression, anxiety... And yet, we stubbornly continue running the race, which has no finish line. Will it take some medical condition or loss of some sort to force us to slow down and turn back to God?

**Revelation 2:5 (NLT):** *"Look how far you have fallen! Turn back to me and do the works you did at first."*

*What follows? What is the solution?*

Perhaps a two-year sabbatical of Bible reading, a small Bible study group, a connection with nature, deepening of coaching practices, starting a veggie garden, exercising or preparing clean meals daily?

Do whatever it will take to bring you back to your first love!

## **2. RE-Think**

The Google definition of rethink is to: *"Consider or assess something again, especially in order to change it."*

The first question: *What should we consider?*

Reflect on the works you are doing (i.e. family, work, the church, community programmes and all of what you think may constitute 'good works').

However, is that true? Should we change the focus of our works? Do we need to repent?

**Revelation 2:5 (NLT):** *"If you don't repent, I will come and remove your lampstand from its place among the churches."*

*So how do we change? How do we show that we love God by the way that we live?*

How do we desperately fall back in love with God? Even while we are exhausted and depleted...

**Matthew 3:8 (NLT):** *"Prove by the way you live that you have repented of your sins and turned to God."*

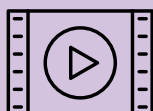
The starting point is seeking the Truth, through the Word of God. No self-help anything! Let us clean our minds from clutter and stay in God's living Word!

**John 17:17 (NLT):** *"Sanctify them by Your Truth. Your Word is Truth."*

Finally, there is an open invitation to enter into God's rest. At first, it may take some practice, as most often it may feel like we are doing nothing – morning prayers, walks, daytime naps, tea with a friend, and so on. But then... once we find our 'rhythm of rest', we will realise that we are starting to fall in love with God again. And that is when we are at peace!

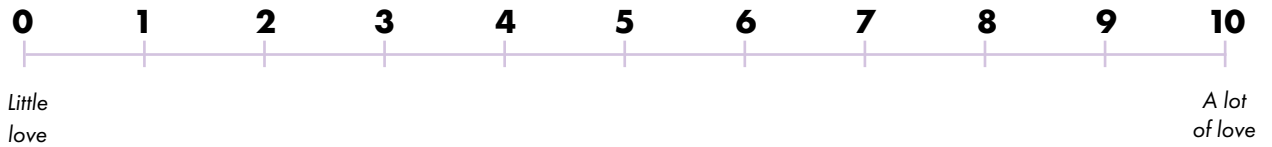
The invitation is ongoing for all of us – how do we stay in love with God now that maybe the sabbatical is long over?

**Matthew 11:28 (NLT):** *"Then Jesus said, come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*



Watch '**Part 4: RE-Gain and RE-Think introduction**'  
with Sherell Diane <https://youtu.be/6uSkCEQOdbk>

**1. On a scale of 1 to 10, where 1 is very low and 10 is very high, how would you currently rate your love for God?**



**2. How do you feel about your love for God? Express in detail.**

**3. What would you consider changing about your love for God at this stage in your life?**

**4. How do you envision your life changing if you were to make the 'love' change? Again, describe in detail.**

**5. What would your 'God-love-life' picture look like? How are you going to share that with others?**

## WEEK OF REFLECTION

Read and reflect on the verses below.

*This contemplative process will support you in opening your mind and heart to the Holy Spirit so that you can receive your unique message, your unique God-inspired love-life picture.*

### **DAY 1**

*Loving God means keeping His commandments, and His commandments are not burdensome.*

#### **1 John 5:3 (NLT)**

Think about the ten commandments that God instructed us to follow. Do any of them feel burdensome to you at times? Why is that so? How can you apply and obey the ten commandments in your life?

### **DAY 2**

*I take back everything I said, and I sit in dust and ashes to show my repentance.*

#### **Psalms 62:5-6 (ESV)**

Contemplate what you may want to take back or change in your life, that which gets in the way of you falling back in love with God.

### **DAY 3**

*Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through Me."*

#### **John 14:6 (NLT)**

Consider whether Christ's reassurance before His arrest and death for us to maintain faith in the face of hardship holds true for you today. And if not, what lies get in the way of your faith?

### **DAY 4**

*Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind."*

#### **Matthew 22:37 (NLT)**

Can you honestly say today that you love God and His Word unconditionally, with all your heart, soul and mind? If there is any hesitation within you, why? What is distracting you from putting God first?

### **DAY 5**

*Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.*

#### **1 Peter 3:15 (NLT)**

Are you ready to explain and share the hope you have in our Lord – maybe it's time for you to **RE-Think** your strategy for sharing and showing God's love to others! How will you start doing that today?

## JOURNALING EXPERIENCE

Neuroscience has proven that journaling has many benefits, including:

- **Journaling is therapeutic:** When we write down our feelings, especially strong ones like sadness, anger, frustration, etc. into words, it makes them less intense.
- **Journaling reduces anxiety:** When we cannot speak to someone, like a therapist, about our worries, but we write them down, we free up cognitive resources in the brain.
- **Journaling inspires altruism:** Especially gratitude journaling, or regularly jotting down feelings of gratitude, cultivates selfless generosity.
- **Journaling helps with sleep:** Writing down a to-do list before we sleep at night to off-load thoughts and reduce worry can improve sleep.

(See: <https://formnutrition.com/inform/reasons-to-start-journaling/>)

As an encouragement: Hone the practice of journaling as a gift to yourself!

Continue to reflect on the verses, or the full scriptures considering the topic of **RE-Gain** and **RE-Think** with an open mind and heart to allow the Truth to settle in your spirit.

## POST-SESSION PRACTICAL APPLICATION

Sometimes these post-session exercises can seem challenging at the beginning... however, treat them as an invitation to **RE-Gain** and **RE-Think** your love for God.

1. **Step outside barefoot.** Feel the ground under your bare feet – every day. You can just stand or walk. Start with 5 minutes daily and increase the time to at least 30 minutes. When you do this practice, be mindful of the earth supporting you and all the nutrients in the soil penetrating your body through the soles of your feet. Be thankful to God for this moment.
2. **Do nothing.** Start with 5 minutes daily and increase the time to at least 30 minutes. When you do this practice, notice your thoughts, feelings and sensations. Worship God in this moment.

## ADDITIONAL RESOURCES

### **Additional resources to help you reflect on your wellness:**

WHAT DOES OUR EXPERIENCE OF GOD'S LOVE DEPEND UPON?

by John Piper – [https://youtu.be/ica3d\\_xp8fk](https://youtu.be/ica3d_xp8fk)

THE RUTHLESS ELIMINATION OF HURRY – How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World by John Mark Comer

RETURN TO LOVE – <https://prayerforanxiety.com/2020/12/09/return-to-love/>

### **Let's worship our loving Father God!**

- **Goodness of God** – <https://youtu.be/n0FBb6hwnTo>
- **Amazing Grace** – [https://youtu.be/HsCp5LG\\_zNE](https://youtu.be/HsCp5LG_zNE)
- **No One but You** – <https://youtu.be/Wo5uf4-WCdE>

## LORD, TODAY WE PRAY...

*Dear Father God, we pray for Your love to abundantly flow into our spirits and forever bind us to You so that we stay in love with You.*

*Oh Lord, please open our eyes so we may recognise Your face and open our ears so we may hear the sound of Your voice. Lord, please guide our actions to do the works that You have commanded us to do, which are building blocks to Your Kingdom.*

*Oh Lord of lords, King of kings, Almighty God of heaven and earth, forgive our wrongs and grow in us loving-kindness towards those who do wrong unto us. We ask that You guard our thoughts, words, and deeds to reflect a Christ-like life.*

*Thank You for Your grace, dear God. Amen.*



## Sherell DIANE

*Life Coach*

Sherell Diane is a certified corporate and personal life coach and the founder of *Move to Be More*. After more than twenty years in multinational corporations, dealing with diverse cultures, leadership styles and conflicts, she turned to coaching as a way to help others deal with the same problems that had once restricted her own progress.

She is fascinated by nature, human and other, because of the unstoppable forces of growth that drive each, like the energetic curiosity and innocent honesty of toddlers, with their need to move and explore, or the ever-changing form of water, nourishing and sustaining as it moves through life.

Sherell has over seven years of experience as a life coach. Her clients primarily comprise leaders or emerging leaders in business, presenting challenges relating to business performance, relationships and personal fulfilment. Ignited by the belief that everyone is born with more than enough to fulfil their purpose, she makes it her life's work to help every person find their direction and keep moving towards more.

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