



## Talk summary:

### **Journeying with Josiah to think about how we can reinvigorate our spiritual life (2 Kings chapters 22 and 23 has the full story, and you may want to choose some key verses)**

Josiah was one of the later Kings of Judah. He was a child when he became King, and he inherited a nation that had strayed far from living according to the promises and covenant that God had made with his people.

18 years after he became King he was arranging for work to be carried out on the temple, the spiritual symbol of the Jewish religion. While the work was being carried out, the original Law from the time of Moses was discovered. It was a revelation to those who found it, and they quickly told the King about their discoveries. Josiah was horrified when he realised the disobedience of the nation, and he led Judah in a period of spiritual renewal.

In our series we have been looking at the idea of 'returning to the call'. We always need to return to our spiritual call before we look at the works God may be calling us too.

Life can sap us of energy and distract us in our walk with God. There are times when we need to reinvigorate our faith.

As we commit our ways to God, so he will direct our paths. Some people have a very clear sense of being called to do something, but many do not. Discerning what God is saying can be hard, but as we trust in Him, He does give us inner conviction about the work we should be undertaking.

1. What do we learn from Josiah about responding to the word of God?
2. Have you any examples of when God's word has challenged you? This may be because you have understood a Biblical concept in a new way, or because God has spoken to you very specifically through a verse in the Bible.  
Do you have examples of how God's word has helped you or comforted you in different situations?
3. What type of things may distract us in our walk with God?  
Have these distractions caused you to turn to God, to turn away from Him, or to slip away from Him? (In reality it's probably a mixture of all three at different times)  
Are there any particular dangers to our spiritual health from slipping away from God?  
What helps you keep your focus on God?
4. How do you respond to the idea of being reinvigorated?  
Tired? Energised? Weary? Excited? Scared? Something else?
5. What may reinvigorate you? Is it a spiritual practice (if so, what?) Is it being ready to take up something new (and if so, do you know what?)

6. Proverbs 3: 5-6 says “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to him, and he will make your paths straight”  
What can we learn from these verses about how God leads us and calls us?
7. What practices help you to maintain and grow your relationship with Jesus?