



Serotonin & the Rhythms of a Full Soul | Doug Wekenman | 8.9-10

Weekly Study

SHARE

Welcome to Week 3 of Neurotheology. In this series we have explored how God designed us as whole people with mind, body, and spirit, and how brain chemistry intersects with discipleship. We looked at dopamine and desire, oxytocin and connection, and now serotonin and the steady rhythms that help a soul stay full. Scripture reminds us that our bodies matter to God and are temples of the Holy Spirit, not accessories to our spiritual lives but vessels for them to flourish.

Today's message, **"Serotonin and the Rhythms of a Full Soul,"** follows Elijah from the mountaintop victory to the broom tree exhaustion, where God restores him with sleep and food before fresh assignment. We will learn the unforced rhythms of grace Jesus offers and practice discerning what is most sacred in the moment: kneel, nap, feast, fast, work, or play.

- ☐ **What recent high and low best captures your current rhythm of life?**
- ☐ **Who has modeled a healthy pace with God for you, and what do you notice about their habits?**

GROW

Read 1 Kings 19:5-8

- ☐ **What do you notice about the way God meets Elijah and what that reveals about God's priorities for you this week?**

Elijah has just seen fire fall and rain return, yet one threat sends him running. Under the broom tree, God does not begin with a lecture. God begins with a meal and a nap. The most spiritual act for Elijah in that moment is rest and nourishment. Holiness is not only on mountains. It is also at the table and in the bedroom where you sleep. When you eat and drink to the glory of God, ordinary acts become sacred pathways for renewal.

- ☐ **Where have you treated a depleted body or frayed emotions as a purely spiritual**

problem, and how did that shape your choices?

Scripture pictures the soul as your whole self, mind, body, and spirit. When your body is run down, your mind loses perspective and your spirit feels thin. The enemy prowls loudest when our tanks are lowest, so wise disciples learn to refill before they resist. In Elijah's story, God dignifies rhythms that rebuild capacity. Rest is not retreat from mission. It is preparation for mission.

- ☐ **How might your weekly pattern change if you treated sleep, movement, and nutrition as spiritual practices that honor God?**

M O V E

Read Matthew 11:28-30

- ☐ **What burden or pace are you carrying that does not match the way of Jesus?**

Jesus invites tired people to learn his pace, his work, and his rest. The yoke image is about apprenticeship. Walk with me. Watch me. Work with me. When your life is synced to Jesus, you often accomplish more with less hurry and finish the day with more life left over. The mark of grace is not exhaustion. It is freedom and lightness in the middle of real responsibility.

- ☐ **Where do you sense Jesus inviting you to slow or to engage, and what would obedience look like this week?**

Discerning the next faithful step is about asking what is most sacred in this moment. If you have been avoiding hard work, diligence is the holy move. If you have been performing nonstop, stopping is the holy move. Exercise can be deeply sacred when it stays in its proper place. For some, this week's obedience is to break a sweat and let your mood and energy rise. For others, it is to turn pages, not reps, and read a Gospel to feed your spirit.

- ☐ **After an intense spiritual output, what recovery rhythm would help you refill your tank so that fatigue does not become a foothold?**

Not every battle is demonic opposition. Sometimes you are simply hungry, lonely, tired, or overextended. Serotonin is mostly produced in the gut, a reminder that the Creator wired your body to support your mind so your spirit can stay responsive. Meals, movement, sleep, and play are not escapes from discipleship. In the right season they are discipleship. As your tank refills, faith grows clear again and courage returns.

- ☐ **Which relationship in your life would benefit most if you showed up rested, nourished, and fully present?**

Challenge: Choose one spiritual rhythm to practice for the next seven days.

P R A Y

Pair up and ask Jesus to set your pace this week, quiet the noise, strengthen your “yes” to what is most sacred, and give courage for the hard-but-good step in front of you. Pray for renewed minds, rested bodies, and joy that endures as you walk in His unforced rhythms.