

## Hidden Heroes #3

### Spiritual Health – Week-Long Bible Study

(Monday – Friday)

#### Key Verse for the Week

“Dear friend, I pray that you may enjoy good health and that all may go well with you, **even as your soul is getting along well.**”

— 3 John 1:2 (NIV)

#### Goal for the Week:

To become “hidden heroes” with healthy souls like Mordecai — steady, helpful, respected, and trusting God no matter what.

Each day has a short reading, reflection questions, an action step, and a prayer. Write your answers in the space provided (or in a journal).

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## MONDAY – True Heroes Have Healthy Souls

**Focus:** What does a healthy soul look like?

#### Today’s Reading

3 John 1:2 and Esther 2:5-6

#### Reflection Questions

1. Who are the “heroes” in your life? What makes their souls healthy and steady?
2. Mordecai was ripped from his home, culture, and everything familiar. How did his soul stay healthy anyway?
3. On a scale of 1–10, how healthy is your soul right now? Why?

#### Action Step

This week, start every morning on your knees declaring, “Lord, I am Yours.” Write today’s declaration here:

#### Prayer

Lord, give me a healthy soul like Mordecai’s. Make me solid and steady so that when I walk into a room, respect walks in with me. Amen.

#### Notes / My Thoughts

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## TUESDAY – A Healthy Soul in Hard Circumstances

**Focus:** You can't control what happens to you, but you can control your soul.

### Today's Reading

Esther 2:5-6 and the personal examples (divorce, job loss, move, etc.)

### Reflection Questions

1. Have you ever faced a hard circumstance you didn't choose (divorce, firing, bankruptcy, forced move)? How did your soul respond?
2. What are the things you cannot control right now (economy, politics, tomorrow)?
3. What *can* you control? How will you commit your soul to Christ today?

### Action Step

Get on your knees right now (or tonight) and commit your soul to Jesus. Write your prayer or commitment here:

### Prayer

Father, even when change comes that I didn't ask for, help me keep my soul healthy. I choose to trust You and stay steady. Amen.

### Notes / My Thoughts

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## WEDNESDAY – A Healthy Soul Is Willing to Help

**Focus:** Your soul health is not just for you — it's for the "Esther" in your life.

### Today's Reading

Esther 2:7 and Psalm 1:1-3

### Reflection Questions

1. Mordecai took in his orphaned cousin Esther and raised her as his own daughter. Who is the “Esther” God has placed in your life right now?
2. A sick soul helps only when life is going well. When have you caught yourself feeling jealous or comparing instead of helping?
3. According to Psalm 1, a healthy soul is like a tree that bears fruit for others. What fruit is your soul producing right now?

**Action Step**

Do one practical act of help for your “Esther” this week (text, call, encourage, serve). Write what you will do:

**Prayer**

Lord, make my soul healthy so I can help without jealousy. Show me the person who needs me to be their hero today. Amen.

**Notes / My Thoughts**

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**THURSDAY – A Healthy Soul Commands Respect and Cares Long-Term**

**Focus:** Live with integrity and be someone people respect.

**Today’s Reading**

Esther 2:10-11 and 2:20

**Reflection Questions**

1. Esther obeyed Mordecai even after she became queen because she respected him. Who respects you right now, and why?
2. In the work story, the speaker walked away from dirty jokes instead of laughing along. When have you been tempted to compromise? What happened?
3. Fathers: Are you being a father first (not just a friend)? Kids: Are you honoring the godly authority in your life?

**Action Step**

Choose one area where you will not compromise this week (words, entertainment, attitude). Write it here and who you will tell to keep you accountable:

**Prayer**

Jesus, help me carry myself with honor. Make me a solid hero who stands for You and earns respect by how I live. Amen.

**Notes / My Thoughts**

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**FRIDAY – Facing Haters – God Is in Control**

**Focus:** Stay faithful. God handles your enemies.

**Today's Reading**

The story of Mordecai, Haman, and the pole (Esther 3–7 summary)

**Reflection Questions**

1. Mordecai refused to bow to Haman because he only bowed to God. What “Haman” (hater, pressure, or temptation) are you facing right now?
2. Instead of fighting back, Mordecai prayed and fasted. How will you respond to your hater this week?
3. The very pole meant for Mordecai was used on Haman. What does this teach you about trusting God with your enemies?

**Action Step**

Spend time today praying and fasting (even if just one meal) for the situation with your “Haman.” Write your prayer request here:

**Prayer**

Lord, when haters come against me, help me keep my soul healthy. I will pray, fast, and trust You to fight for me. You are in control! Amen.

**Notes / My Thoughts**

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**Week-End Commitment (Friday night or Saturday morning)**

After five days with Mordecai, I commit to:

- Keeping my soul healthy by \_\_\_\_\_
- Being a hidden hero for \_\_\_\_\_
- Trusting God with my haters and hard times.

**Final Prayer**

Thank You, Lord, for the example of Mordecai. Make my soul healthy, helpful, respected, and completely Yours. In Jesus' name, Amen!