Welcome and thank you for joining us today!

* Did the Lord Jesus show us how to live a healthy life?
* What do I mean by healthy? A life that was full of Praise and Worship towards the Father!
* The health of a Christian comes under attack every day and we should want to do whatever it takes to make our walk with God stronger.
* A healthy life is a life full of praise, thanksgiving and worship to God!
* Ps 107: 8 – oh that man would praise the Lord for His goodness, and for His wonderful works, to the children of men!
* We should praise God with the core aspects of our being how God made us!
* This will take our commitment and dedication!
* Let’s pray like Paul did for the church in Eph. 1:16-23

**What are the cores?**

* The Spiritual man - source of truth, belief, faith.
* The Mental/Emotional man – motivation, violence, drama,
* The Physical man – survival, housing, medical needs
* The Relational man – family, faith, friends

**Your spiritual man is made by God and for God!**

* 1st the Spirit is dead in sin, then made alive after our conversation in Jesus by faith!
* The Holy Spirit then leads us, comforts us, and assures us in all things! John 14:26

**How does the Holy Spirit teach you how to be healthy in the Lord?**

* By the Word of God!
* Reading your Bible!

**How is the Holy Spirit working in us?**

1. Read 2 Cor. 4:16
2. Read Rom. 8:28

**Is the Spiritual man in a fight?**

* Read Eph. 6:12
* Read Romans 7:25

**How is the flesh spiritual?**

* Read Romans 7:18
* The Physical body isn’t evil, the “unspiritual body” is evil!
* When the Lord said – if your hand offends you cut it off… He is not saying that the physical hand is evil and made you sin.
* God is saying the Spiritual man has an evil attractions to sin and those evil attractions need to be cut off from our lives!
* Read Mark 9:43

**How can we win in the spiritual man?**

* Read Phil. 3:10
* Read Romans 7:22-23

**What does James say about how to healthy?**

* Read James 3:2

**What are some excuses about being healthy in Luke 9:57-62**

* Read Luke 9:57-62

**What did Paul say about being strong and healthy in the Spirit?**

* Ready 1 Cor. 9:27

**What does God tell us to walk in?**

* Read Gal. 5:16-17
* Read Mark 14:38

**Who knows your thoughts?**

* 1 Cor. 2:11

**What does God tells us to do with our mind?**

* Romans 12:1-2

**Conclusion**

**In today’s culture we see people more and more say they are spiritual minded and love God!**

* But how are they spiritual minded and how are they loving God?

**Think Biblically not just positive, but with God’s love and truth in mind!**

* Positive thinking without God’s BibleTruths is just personal opinion.
* What is the difference?
* PT - I want to do better so I can make people happier!
* BT - I want to do better so God can use my life for His glory!