

Living Healthy  
Jeremiah 17:9  
Living Healthy Week 1

If you want to \_\_\_\_\_ your life, \_\_\_\_\_ your habits.  
If you want to change your \_\_\_\_\_, let God change your  
\_\_\_\_\_.

*“Search me, God, and know my heart; test me and know my anxious thoughts. 24See if there is any offensive way in me, and lead me in the way everlasting.”* - Psalm 139:23-24 NIV

FIVE INDICATORS OF SELF-DECEPTION:

- \_\_\_\_\_ to Distraction
- Manic \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What problem are you denying?

What sin are you rationalizing?

What issue are you hiding?

THREE WARNING SIGNS:

1. Watch for what \_\_\_\_\_ have \_\_\_\_\_ to tell \_\_\_\_\_.
2. What for what you \_\_\_\_\_.
3. Watch for where you are most \_\_\_\_\_.

You cannot \_\_\_\_\_ what you won’t \_\_\_\_\_.

*“Create in me a pure heart, O God, and renew a steadfast spirit within me. ... Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”* - Psalm 51:10, 12 NIV

Digging Deeper & Life Application:

- Read Psalm 139:23-24...have you practiced the habit of self-examination before? What are your thoughts or feelings when you think about this habit?