

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?