

## Building A Healthy Relationship With God

Anthony Greco  
Calgary Life Church  
December 2<sup>nd</sup>, 2018

### Proverbs 4:23 AMP

Keep *and* guard your heart with all vigilance *and* above all that you guard, for out of it flow the springs of life.

Your belief system is the **autopilot** of your life!

### Romans 12:2 NKJV

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

### Today we will answer three questions:

1. What does it look like to be spiritually healthy?
2. What poisons our spiritual health?
3. What do we need to know to regain spiritual health?

#### 1. What does it look like to be spiritually healthy?

A healthy spirit is the foundation for an abundant life, out of which flows healthy emotions, words, behaviors and relationships.

Understanding your true identity makes you unstoppable.

Through this revelation comes the power and authority to step into the awesome destiny and calling of God on your life.

#### 2. What poisons our spiritual health?

A. A **traditional** picture of God.

##### Mark 7:13 NKJV

making the word of God of no effect through your tradition which you have handed down.

B. A **negative** picture of God

**i.e seeing God as a 'judge'**

You see a judge from a legal punitive perspective rather than a relational.

C. An **intellectual** picture of God.

## **Ephesians 3:17-20 NLT**

To be filled with all the fullness of God is not dependent on knowledge but experience – His love!

### **3. What do we need to know to regain spiritual health?**

A. You were made to be **loved!**

#### **Ephesians 1:4 NKJV**

just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love,

#### **1 John 4:16-19**

<sup>16</sup> And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. <sup>17</sup> Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. <sup>18</sup> There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. <sup>19</sup> We love Him because He first loved us.

#### **Psalms 27:13,14 NKJV**

<sup>13</sup> *I would have lost heart,* unless I had believed That I would see the goodness of the LORD In the land of the living.

<sup>14</sup> Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!

B. You are designed for **destiny!**

#### **Ephesians 2:10 AMP**

For we are God's handiwork (His workmanship), recreated in Christ Jesus, that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live].

C. You were made for **fulfillment.**

#### **Matthew 6:33 NKJV**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Jesus didn't live long, but He died 'finished.'

D. God believes in **YOU!**

You only invest in what you believe in.

*"If I accept you as you are, I will make you worse; however, if I treat you as though you are what you are capable of becoming, I help you become that."*

— **Johann Wolfgang Von Goethe**