

HEALTHY

5 DISCIPLINES FOR SPIRITUAL HEALTH

January 7, 2024

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UNLEASHED
CHRISTIAN CHURCH
TEACHING NOTES

What is God's vision for my life in 2024?

I Timothy 4:8 (NIV)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Physical and Spiritual health have a lot in common!

Philippians 4:9 (NIV)

Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.

Ephesians 4:22-24 (NIV)

You were taught, with regard to your former way of life, **to put off your old self**, which is being corrupted by its deceitful desires; **to be made new** in the attitude of your minds; and **to put on the new self**, created to be like God in true righteousness and holiness.

We can get in our own way of progress!

Psalms 32:8-9 (NIV)

I will instruct you and teach you in the way you should go; I will counsel you with My loving eye on you. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.

God's got a plan for YOU in 2024!

It's easier to see sin in others than ourselves!

II Samuel 12:5-7 (NIV)

David burned with anger against the man and said to Nathan, "As surely as the LORD lives, the man who did this must die! He must pay for that lamb four times over, because he did such a thing and had no pity." Then Nathan said to David, "You are the man! This is what the LORD, the God of Israel, says: 'I anointed you king over Israel, and I delivered you from the hand of Saul.'"

Matthew 7:3 (NIV)

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

God wants to help you!

John 14:26 (NASB)

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."

James 1:25 (NLT)

But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

I John 1:9 (NLT)

But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

NEXT WEEK = LOVE THROUGH WORSHIP

We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.

Thank you for joining us!