

A dense forest of evergreen trees, likely spruce or fir, with a wooden boardwalk leading through the center. The trees are lush green, and the boardwalk is made of wooden planks. The overall atmosphere is serene and natural.

R + R

restore to me the joy of your salvation and renew a right spirit

Psalm 51:10-12

Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore to me the joy of your salvation,
and uphold me with a willing spirit.

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Spiritual wellness check

The death of Jesus Christ shows me that I
need to...

...realize God hates my sin

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...realize God hates my sin 1 Thess.4:1-7

Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to walk and to please God, just as you are doing, that you do so more and more. For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from sexual immorality;

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...realize God hates my sin 1 Thess.4:1-7

that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness.

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Spiritual wellness check:

Has my love for God grown to the point that I hate my own sin?

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Spiritual wellness check:

Has my love for God increased to the point that I hate my own sin?

Have I asked God to show me how much my culture/worldview has affected my view of sin to the point of allowing it in my life?

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...understand what it takes to overcome my sin
Romans 6:11-14

So you also must **consider yourselves dead to sin** and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but **present yourselves to God** as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.

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Spiritual wellness check:

“Consider myself dead to sin but alive in Jesus” –
Connection with my Savior. Connecting with Jesus in His work on the cross so I can live His life in me. Living free from the power of sin no longer as slave to sin but as a slave to Christ.

Spiritual wellness check:

“Consider myself dead to sin but alive in Jesus” –
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Is my connection to Christ where I get my identity from?

Spiritual wellness check:

“Present myself to God and all that I am to him” –
Direction from my God. Serving others and using my abilities, time and possessions to serve Jesus with His people.

Spiritual wellness check:

“Present myself to God and all that I am to him” –
Direction from my God. Serving others and using my abilities, time and possessions to serve Jesus with His people.

Is my life one of serving in the name of Jesus or self-serving?

...embrace the extreme that God went to
make me His child 1 Peter 1:18-20

..knowing that you were ransomed from the futile ways
inherited from your forefathers, not with perishable
things such as silver or gold, but with the precious
blood of Christ, like that of a lamb without blemish or
spot. He was foreknown before the foundation of the
world but was made manifest in the last times for the
sake of you...

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Spiritual wellness check:

Does the fact the salvation I have in Jesus cannot be *purchased* impact my soul?

Spiritual wellness check:

Does the fact that what I have in Jesus cannot be purchased impact my soul?

If not, would that suggest that I have sold my soul to something less valuable than Jesus' blood? Ask Jesus what that is.

Spiritual wellness check:

Does the fact that what I have in Jesus cannot be purchased impact my soul?

If not, would that suggest that I have sold my soul to something less valuable than Jesus' blood?

Since Jesus has given something to me which is priceless but so costly, how does that impact my response to this world?