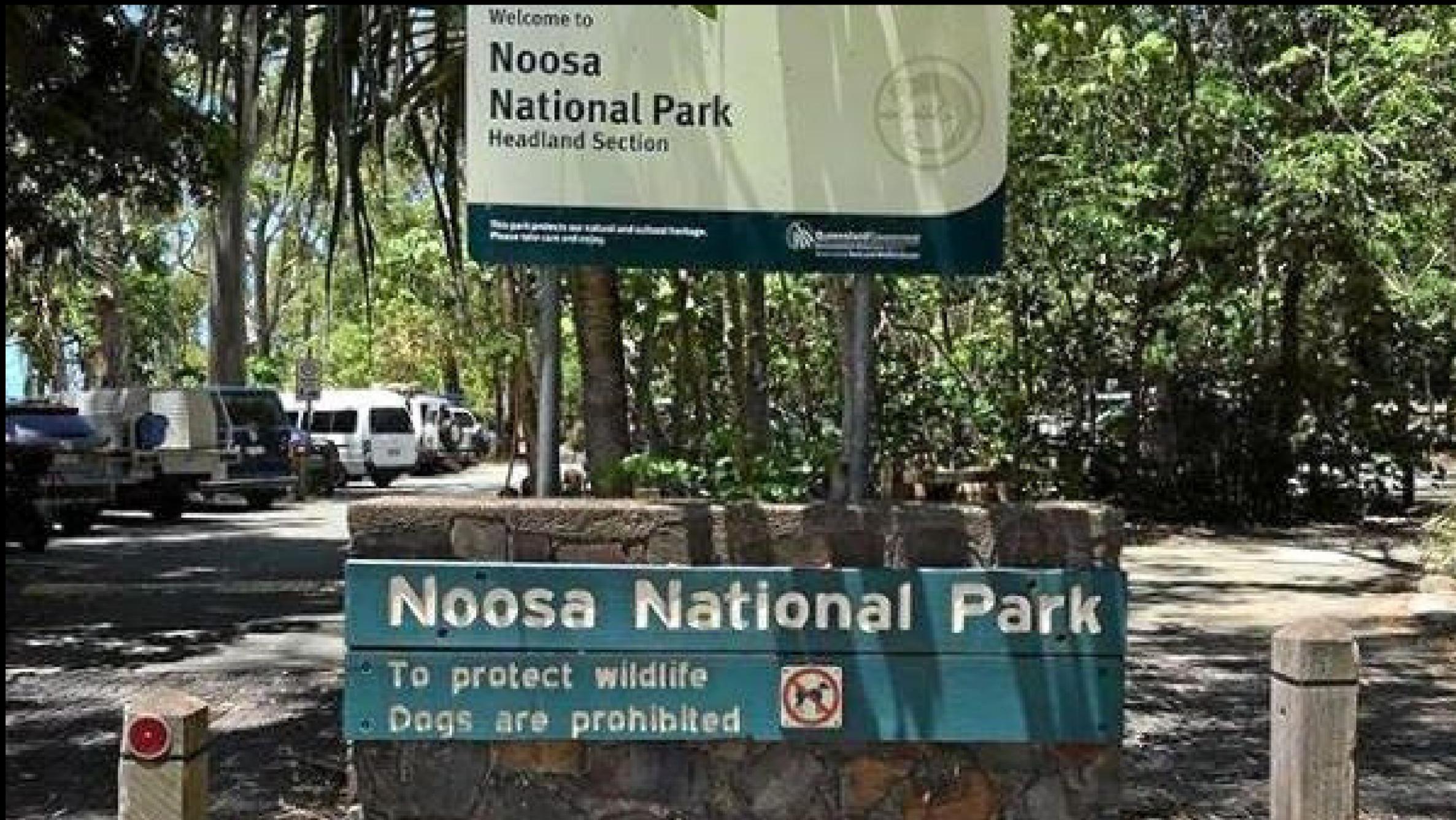


A serene beach scene at dusk or dawn. The sky is a soft, hazy blue. In the foreground, a man in swim trunks walks on the left, and a couple walks hand-in-hand on the right. The middle ground features a lifeguard stand and several palm trees. The ocean waves are visible in the distance. The overall mood is peaceful and idyllic.

THE *Abundant* LIFE

Seven Habits of Spiritual Health



Welcome to
Noosa National Park
Headland Section



This park protects our natural and cultural heritage.
Please take care and enjoy.

Department of Environment and Heritage
Queensland

Noosa National Park

To protect wildlife
Dogs are prohibited





A sunset over a body of water with the text "THE PARADOX OF CHOICE" overlaid in white. The sun is low on the horizon, casting a warm orange glow across the sky and reflecting on the water. The foreground shows dark, rippling waves. The text is centered and spans across the middle of the image.

THE PARADOX OF CHOICE

A sunset over the ocean with the text "DOUBLE-MINDED" overlaid in large white letters. The sun is low on the horizon, casting a warm orange glow across the sky and reflecting on the water. The foreground shows dark, rippling waves. The text is centered and spans most of the width of the image.

DOUBLE-MINDED

DOUBLE-MINDED

... the one who doubts is like a wave of the sea, blown and tossed by the wind.

JAMES 1:6

They speak falsehood to one another; with flattering lips and with a double heart they speak.

PSALM 12:2

... you are like whitewashed tombs which on the outside appear beautiful, but inside they are full of dead men's bones and all uncleanness.

MATTHEW 23:27

SINGLE-MINDED

“We possess singleness when we are not pulled in opposite directions and when we act without wanting something further for ourselves. Our inner drives do not conflict; they are aimed in one direction. The motives we appear to have are the ones we really have. Our inner focus is unified and our public posture corresponds with it. We are not, in short, divided.”

CLIFFORD WILLIAMS

SINGLE-MINDED

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed - or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

LUKE 10:38-42

SINGLE-MINDED

"... seek first his kingdom and his
righteousness..."

MATTHEW 6:33

SINGLE-MINDED

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

ROMANS 12:2



SINGLE-MINDED

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

ROMANS 12:2

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

2 TIMOTHY 3:16

SINGLE-MINDED

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

EPHESIANS 5:25-27

SINGLE-MINDED

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EPHESIANS 5:25-27

A sunset over a body of water with a dark landmass in the background. The sky is a gradient of orange and teal, and the water reflects the colors. The text is overlaid on the image.

the discipline of
SCRIPTURE
**(BECOMING SINGLE-
MINDED)**

Becoming Single-Minded:

Fear	Psalm 27:1
Pride	Philippians 2:3
Temptation	1 Corinthians 10:13
Decision making	James 1:5
Weakness	Isaiah 40:29
Body Image	Psalm 139:13-14
Doubt	Romans 8:38-39
Guilt	Romans 8:1
Generosity	2 Corinthians 9:6-7
Busyness	Psalm 46:10
Identity	John 1:12

Seven Habits of Spiritual Health

1. Solitude
2. Smiling
3. Sorry
4. Sacrifice
- 5. Scripture**
6. Slowing
7. Serving