

# CULTIVATING A HEALTHY SOUL

## THE INSIDE OUT LIFE

EMBRACING UPSTREAM LIVING

Pastor Cary Schmidt | Sunday, April 18, 2021

COLOSSIANS 2:6-10

6 As ye have therefore received Christ Jesus the Lord, so walk ye in him: 7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. 8 Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. 9 For in him dwelleth all the fulness of the Godhead bodily. 10 And ye are complete in him, which is the head of all principality and power:

1. \_\_\_\_\_ UPSTREAM

—Resting in Jesus' Saving Grace and Guidance

COLOSSIANS 2:6

6 As ye have therefore received Christ Jesus the Lord . . .

EPHESIANS 2:4-10

4 But God, who is rich in mercy, for his great love wherewith he loved us,  
5 Even when we were dead in sins, hath quickened us together with Christ,

5. \_\_\_\_\_ UPSTREAM

—Anticipating the Promise of Jesus' Kingdom

1 PETER 1:13-15

13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;  
14 As obedient children, not fashioning yourselves according to the former lusts in your ignorance: 15 But as he which hath called you is holy, so be ye holy in all manner of conversation;

PSALM 92:12-13

12 The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. 13 Those that be planted in the house of the LORD shall flourish in the courts of our God.

*(by grace ye are saved;) 6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: 7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus. 8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast. 10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.*

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## 2. \_\_\_\_\_ UPSTREAM

—Learning Jesus' Good News Truth

COLOSSIANS 2:7-10

*7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. 8 Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. 9 For in him dwelleth all the fulness of the Godhead bodily. 10 And ye are complete in him, which is the head of all principality and power:*

2 CORINTHIANS 10:4-5

*4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

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JOHN 8:32

*32 And ye shall know the truth, and the truth shall make you free.*

## 3. \_\_\_\_\_ UPSTREAM

—Growing the Desires of Jesus' Heart

PHILIPPIANS 2:13

*13 For it is God which worketh in you both to will and to do of his good pleasure.*

PSALM 119:35-36

*35 Make me to go in the path of thy commandments; for therein do I delight. 36 Incline my heart unto thy testimonies, and not to covetousness.*

PSALM 37:4

*4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart.*

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## 4. \_\_\_\_\_ UPSTREAM

—Choosing the Ways Jesus Designed Me to Flourish

COLOSSIANS 2:6-10

*6 . . . so walk ye in him . . . 10 And ye are complete in him, which is the head of all principality and power:*

ROMANS 6:4

*4 Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.*

PHILIPPIANS 2:12

*12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.*

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