

MESSAGE NOTES



**Series:** Rooted  
**Message:** The Mind-Body-Spirit Connection  
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<sup>6</sup> And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. <sup>7</sup> Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. <sup>8</sup> Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ.

Colossians 2:6–8 (NLT)

**God created us with bodies, abilities, needs, and desires that require wisdom to understand and handle well.**

<sup>1</sup> And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice—the kind he will accept. When you think of what he has done for you, is this too much to ask? <sup>2</sup> Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to

do, and you will know how good and pleasing and perfect his will really is.

Romans 12:1-2 (NLT)

**Part of God's beautiful design is the special sexual expression intended for a man and a woman to experience in marriage.**

<sup>3</sup> God's will is for you to be holy, so stay away from all sexual sin. <sup>4</sup> Then each of you will control his own body and live in holiness and honor—<sup>5</sup> not in lustful passion like the pagans who do not know God and his ways. God has called us to live holy lives, not impure lives.

<sup>8</sup> Therefore, anyone who refuses to live by these rules is not disobeying human teaching but is rejecting God, who gives his Holy Spirit to you.

1 Thessalonians 4:3–5,8 (NLT)

**If we choose to make up our own sexual standards apart from God's will...**

- We are disobeying our Savior and Creator.

- We will not be able to avoid the consequences.

**God's Spirit, His Word, and His Church provide what we need to be whole and healed in a broken world.**

A number of you know from experience what I'm talking about, for not so long ago you were on that list. Since then, you've been cleaned up and given a fresh start by Jesus, our Master, our Messiah, and by our God present in us, the Spirit.

1 Corinthians 6:11 (MSG)

Plain Talk About Sex – ([nhc.click/sextalk](http://nhc.click/sextalk))  
Celebrate Recovery – ([cr.newhope.org](http://cr.newhope.org))  
The Landing – ([thingscansuck.com](http://thingscansuck.com))