

Reaching for Spiritual Health

(Prov. 4:20-23
Eph. 4:20-24)



What does spiritual health have to do with life leadership?

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Life leadership

= leading your life by proactively making wise choices that matter most to you and to God.

4

Life leadership

= leading your life by proactively making wise choices that matter most to you and to God.

These choices are made by our spirits-souls.

Spirit-soul (heart, inner person, self)

= the deepest part of our being as human

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1. Our spirits-souls are the control centers of our lives.
(Prov 4:20-23)

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Proverbs 4:20-23

- ²⁰ My son, pay attention to my words;
listen closely to my sayings.
- ²¹ Don't lose sight of them;
keep them within your heart.
- ²² For they are life to those who find them,
and health to one's whole body.
- ²³ Guard your heart above all else,
for it is the source of life.

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Hebrews 4:12

¹² For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.

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Matthew 15:16-20

¹⁶ "Do you still lack understanding?" he asked. ¹⁷ "Don't you realize that whatever goes into the mouth passes into the stomach and is eliminated? ¹⁸ But what comes out of the mouth comes from the heart, and this defiles a person. ¹⁹ For from the heart come evil thoughts, murders, adulteries, sexual immoralities, thefts, false testimonies, slander. ²⁰ These are the things that defile a person; but eating with unwashed hands does not defile a person."

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Fanny Crosby (1829-1915)
(Frances Jane Crosby)

1. Our spirits-souls are the control centers of our lives.
(Prov 4:20-23)
2. Our spirits-souls need to be healthy in order to live the life that God wants us to live. (Eph 4:17-24)

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Ephesians 4:17-24

¹⁷ Therefore, I say this and testify in the Lord: You should no longer walk as the Gentiles do, in the futility of their thoughts. ¹⁸ They are darkened in their understanding, excluded from the life of God, because of the ignorance that is in them and because of the hardness of their hearts. ¹⁹ They became callous and gave themselves over to promiscuity for the practice of every kind of impurity with a desire for more and more.

²⁰ But that is not how you came to know Christ, ²¹ assuming you heard about him and were taught by him, as the truth is in Jesus, ²² to take off your former way of life, the old self that is corrupted by deceitful desires, ²³ to be renewed in the spirit of your minds, ²⁴ and to put on the new self, the one created according to God's likeness in righteousness and purity of the truth.

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2Corinthians 4:16

¹⁶ Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day.

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John 15:1-5

¹ "I am the true vine, and my Father is the gardener. ² Every branch in me that does not produce fruit he removes, and he prunes every branch that produces fruit so that it will produce more fruit. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. ⁵ I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.

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Sharing & Praying Together

Being a Christian or not, in my life, the one thing I wish I could change about myself is _____
because _____

(no need to share your answer with the big group)

(If you have questions, please share them with the big group if possible.)

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