

SIMPLE HEALTH

Simple : Truth #3 : MANUP.org

_____ of you matters to God,
because He created _____.

Mark 12

³⁰⁻³¹ Jesus said, "And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength . . . and love your neighbor as yourself."

Loving God is taking care of your _____, _____, & _____.

3 Ways to Care for Yourself.

1. Take care of your _____. (*what you think*)

Ephesians 4

²² Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God - truly righteous and holy.

4 Steps to Renewing your Mind.

- _____ the problem.
- _____ the lie.
- _____ it with truth.
- _____ the process every day.

2. Take care of your _____. (*what you do*)

Romans 12

¹ Give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice - the kind He will find acceptable. This is truly the way to worship Him.

Q: Does that change how you view worship?

1 Corinthians 10

³¹ So whether you eat or drink, or whatever you do, do it ALL for the glory of God.

_____ *is worship if you do it for God's* _____.

3. Take care of your _____. (*how you feel*)

Proverbs 4

²³ Above all else, guard your heart, for everything you do flows from it.

*Pay attention to your _____
because they turn into _____.*

Psalms 51

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me.

Group Discussion.

Q: How's your spirit . . . does it need some attention?

Q: What's an old mindset that you need to throw off?

Q: How does this lesson reframe your view of worship? What are some ways you can worship God by taking care of your mind, body, and spirit?