

SIMPLE HEALTH

Simple : Truth #3 : MANUP.org

*EVERY PART of you matters to God,
because He created EVERY PART.*

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 MIND, BODY, & SPIRIT.

3 Ways to Care for Yourself.

1. Take care of your MIND. (*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.

- RECOGNIZE the problem.
- REMOVE the lie.
- REPLACE it with truth.
- REPEAT the process every day.

2. Take care of your BODY. *(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.

EVERYTHING is worship if you do it for God's GLORY.

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

Proverbs 4

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

*Pay attention to your FEELINGS
because they turn into ACTIONS.*

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?