The Transformed Me

SPIRITUALLY PHYSICALLY

MENTALLY

RELATIONALLY

I must love Jesus supremely.

LUKE 14:26 If anyone comes to me and does not hate...can't be my disciple. Spirit health is measured by love.

MARK 12:29 Jesus answered, "The foremost is [love God, love man]

Must meet Him daily .
 PROVERBS 8:34 Blessed ... listen to me, watching ..., waiting at my doorway.

Must study/do His Word .

PSALM 1:1 Blessed is the one ...

JOHN 15:14 You are my friends if you do what I command.

JAMES 1:25 But whoever

4) I must tithe my income. MALACHI 3:10 Bring the whole tithe

5) I must learn to love other believers .

JOHN 13:35 By this everyone will...

Spiritual growth happens in community . 1 JOHN 4:20 Whoever

1 JOHN 4:20 Whoever claims to love God yet hates [others is not]

6) I must serve others unselfishly .

MARK 10:45 For even the Son of Manicame to servel

7) I must pass on the Good News .

2 TIMOTHY 2:2 And the things you have heard me

MATTHEW 28:19

Therefore go and make disciples

My body is God's property .

PSALM 139:13-14 "For you created my inmost being; knit me together

2) God expects me to manage my body.

1 CORINTHIANS 6:12 ...not mastered by anything

My body will be resurrected after I die.

1 CORINTHIANS 6:14 God's power raise you also

My body is connected to the body of Christ .

1 CORINTHIANS 6:15 ... members of Christ also Jesus gave His body for and He wants you to honor Him with yours.

The Holy Spirit lives in my body .

1 CORINTHIANS 6:19 ... bodies are temples... 1 CORINTHIANS 3:16-17 "Don't you know that you yourselves are God's temple You are God's dwelling place on earth.

Jesus bought my body on the cross .

on the cross .

1 CORINTHIANS 6:19-20 not your own...bought with a price ROMANS 12: 1 "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, JOHN 5:6 "When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do

you want to get well?"

Don't believe everything you think .

We have an amozing ability to lie to ourselves. Jeremiah 17:9 "The heart is deceitful above all... 2 Corinthians 13:5 "Examine yourselves ... 2) Guard your minds

against garbage. Proverbs 15:14 "wise are hungry for knowledge,.. Psalm101:3 "I will not set

before my eyes... 3) Never stop learning . Proverbs 18:15 "always

ready to learn
Proverbs 10:14 "The wise store up knowledge,"
There are two ways to store up knowledge: reading and relationships.
Proverbs 19:8 "He who gets wisdom layes his

own soul 4) Renew your mind daily with God's word.

Change does not start in your thoughts.

Romans 12:2 "let God transform you..."

Isaiah 26:3 "You keep him in perfect peace whose mind is stayed on you,

5) Let God stretch your

imagination.
Ephesians 3:20-21 "Now to him who is able to do immeasurably more He cannot fulfill your dreams Proverbs 29:18 "Where there is no vision, the people perish..."
God wants you to dream big dreams so you can accomplish great things

for his glary.

1) Reveal my hurt.

EMOTIONALLY

You'll never be emotionally healthy until you face your feelings straight on..

Psalm 39:2-3 "So I kept very quiet...I thought about it, my anger burned." [LET GO]

2) Release those who have hurt me .

"Do I want to get well or do I want to get even?" Romans 5:8 "...Christ

died for us while we were still sinners."

Psalm 56:8 "You have recorded my troubles. Romans 12:17-19 "If someone does wrong to you, do not pay him back by doing wrong to him. 3) Replace old lies with God's truth.

Romans 12:2 " Let God transform you Hebrews 2:11 " Jesus who makes people holy, [change the way you think about your life.

4) Focus on the future. Job 11:13-16 " must give your whole heart to Him Your past is not your future. Put your heart right ... RELEASE YOUR RIGHT TO GET EVEN JESUS IS NOT ASHAMED OF YOU ... Wants us to be emotionally released!

Reach out to others. God wants to redeem your pain. NOW help others!

2 Corinthians 5:17 "If anyone belongs to Christ, there is a new creation."

1) 2 KINDS OF FRIENDS

a) Casual friends are the result of circumstances.
 b) Close friends are the result of choices.
 PROVERBS 12:26 ... choose friends carefully.

2) 5 KINDS OF PEOPLE TO AVOID AS FRIENDS LAZY-ANGRY-IMMORAL GREEDY-UNBELIEVING

1 CORINTHIANS 5:9-11 not to associate with immoral people;

PROVERBS 23:6-7 Do not eat the bread of a selfish man

CHOOSE CLOSE FRIENDS WHO WILL

 a) Challenge me mentally 27:17 As Fe sharpens Fe
 b) Support emotionally PROVERBS 17:17 A friend loves at all times

 c) Strengthens spiritually 1 THESS. 5:11 Encourage one another

4) BUILDING HEALTHY RELATIONSHIPS

a) Interest in others

b) No chronic complainer
 c) Be a good listener
 JAMES 1:19 Be quick to
 listen and slow to speak.

- d) Accept people unconditionally PROVERBS 1:17 A friend loves at all times
- e) Make feel significant f) Sticks by in tough times PROVERBS 18:24 There are "friends" who stick closer than a brother g) Share Christ

LUKE 8:39 "Go back and tell everyone how much God has done for you.

I must trust God as my source and supplier.

ROMANS 11:36
Everything is from [God]
DEUTERONOMY 8:18 He
who gives you the ability
to produce wealth.

2) Keep good records . PROVERBS 27:23-24

Riches can disappear fast 3) I must give the first 10 percent back to God. PROVERBS 3:9-10 Honor the Lordthe first fruit

4) I must save and invest for the future PROVERBS 21:20 wise

PROVERBS 13:11 Money that comes easily disappears quickly, PROVERBS 24:27

man saves for the future.

Develop your business 1st before building home

5) I must set up a repayment plan to get myself out of debt. PROVERBS 3:27 Don't withhold repayment of your debts.

6) I must budget my spending.

PROVERBS 21:5 Plan carefully and you will have plenty; if you act too quickly, you will never have enough

7) Enjoy what I have. ECCLESIATES 6:9 It is better to be satisfied with what you have than to be always wanting something else MATTHEW 6:31 Don't worry — Your heavenly father knows perfectly well [what you need],

1) I must start working enthusiastically wherever I am NOW COLOSSIANS 3:23 work at it with all your heart

a) This job is God's test LUKE 16:10-12 with very little can also be trusted

with much ...
b) God is watching .
2 TIMOTHY 2:15 "Well
done." Be good workmen
c) Attitude actuates joy.

c) Attitude actuates joy. PROVERBS 12:24 the lazy are oppressed by work ROMANS 12:11, but serve the Lord enthusiastically

2) I must understand who I really working for. COLOSSIANS 3:23 though working for the Lord rather than for people.

3) I must concentrate on building MY CHARACTER

4) I must care about people I work with. 1 CORINTHIANS 16:14 Whatever you do, do it with kindness and love PHILIPPIANS 2:4

[prioritize] others.
5) I must exceed what is

expected of me. COLOSSIANS 3:22 Servants do ... your best. MATTHEW 5:41 go 2 KM 6) I must expand my

skills/continual learning. ECCLESIASTES 10:10 If the ax is dull and it's edge is unsharpened, more strength is needed

7) I must dedicate my work to be used for God's purposes. 2 CORINTHIANS 5:20 We are Christ's ambassadors