

Sunday, February 20, 2022

O MY SOUL

Courage to change

- Ephesians 5:15-17, pg. 978, Read & Pray

Intro- O MY SOUL

Serenity Prayer, written in the 1930's by theologian Reinhold Niebuhr.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Last week- Downcast soul. Things we can't change, when outside circumstances & things out of our control happen we HOPE IN GOD.

In our desires & doubts we remember who our God is so we tell our soul, HOPE IN GOD.

But what about things we can control?

Depressed young man came in. He started sharing his story as I took notes.

-Usually go to the root issue. But I discerned something else.

How's your diet? 2 weeks later when we followed up, he was a different dude. Then we were able to dig into the soul.

This week→ MAIN POINT: **Courage to Change.**

-What are some things we can change to have a healthy soul?

Sub-points; **Examine, Prioritize, Implement**

Where does the power come from?

Read Ephesians 1:3-14

GOSPEL→ Indicatives → imperatives

#1. Examine, Ephesians 5:15

-Look Carefully... at what? How you walk.

-How you livin'? Diet, exercise, what are you filling your mind with?

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19-20

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#2. Prioritize, Ephesians 5:16

So teach us to number our days that we may get a heart of wisdom. Psalm 90:12

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#3. Implement, Ephesians 5:17

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, 1 Thessalonians 4:3-4

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Examine, Prioritize, Implement

Gospel→ Communion