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<u>"How Are You, Doing?" Pt.1 - Spirit</u>
Caring for others means first caring for yourself.

<u>1 - Spirit</u>

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A - **<u>1 Corinthians 10:31</u>** *[30] If I can thank God for the food and enjoy it, why should I be condemned for eating it? [31] So whether you eat or drink, or whatever you do, do it all for the glory of God.* (NLT)
- This section of scripture is not talking about food, it is talking directly to the idea of making the kind of choices that not only honor God but show how much we care for those around us.
  - We may make a choice to refrain from eating or drinking a certain thing because we know that the person we are with at that time is sensitive to it… We deny self…

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C - Losing your life… on purpose
- **<u>Matthew 10:38</u>** *[38] If you refuse to take up your cross and follow me, you are not worthy of being mine. [39] If you cling to your life, you will lose it; but if you give up your life for me, you will find it.* (NLT)

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<u>2 - Three Benefits of A Healthy Spirit</u>

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A - A Healthy Spirit Connects:

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B - A Healthy Spirit Hears:

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C - A Healthy Spirit Helps:

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1 - The idea of wellness is not something that many of us will spend a great amount of time contemplating throughout our lives. The problem is that typically when we do finally begin to think about it is because we are sitting in an emergency room wondering if this could have been prevented. In the remaining space take some time and answer the question we started with "How are you doing?" How are you doing Spiritually, Physically, and Mentally (The soul). In the coming weeks we will be discussing how to develop a plan to make healthy corrections.

1 - Spirit:_____

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2 - Body:_____

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3 - Soul (Mind):_____

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