

# Renew your Mind, Elevate your Spirit, and Worship with your Body

	<p>Guiding Verse: 1 Cor 6:19-20</p> <p>Key words: Spirit, Soul, Mind, body, Renewal, Motion, Noise, mindfulness, Motivation, Planning, Peace, Rest, Serve, Balance, Planning</p> <p>Concepts: What does Scripture say about your Temple</p>

## 1. Scripture

*Matthew 6:25 (NIV)*

*<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"*

### **1 Corinthians 6:19-20 (NIV)**

*<sup>19</sup>Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;<sup>20</sup> you were bought at a price. Therefore honor God with your bodies.*

### **Philippians 4:6 (NIV)**

*<sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

## **2. Introduction:** Your TEMPLE

### **Your temple has three parts:**

Soul: mind, will, emotions: this is the part that you "think" and process with.

Physical: your body: muscles, bone, skin, organs, brain, etc.

Spiritual: your spirit is the non-corporate part of you that is renewed through salvation and is the part that communes with God through prayer and devotion.

The goal is to achieve a set of behavior and practices that treats all these parts together to achieve a healthy balance. This holistic approach is about realizing that your spirituality, your body and your soul or mind are all interconnected.

### **What does each part need to be healthy:**

Spirit: prayer, devotion, bible study, service, submissions, hope, love, etc.

Mind: goals, dedication, motivation, renewing, recharge (how)

Body: sleep, exercise, rest, maintenance, MD visits, nutrition, fasting, etc.

### 3. Spirit

How do you feed and nurture the spirit.

Prayer.

Service.

Devotion to God.

### 4. Soul

Your soul is comprised of 3 parts: Your mind, your will and your emotions.

Mindfulness: being in the moment is extremely important.

WHY IS LIVING IN THE MOMENT IMPORTANT?

Are you focused on the thing that you are doing right now? If you're worrying about the future or re-living your past mistakes, you are not living in the present. You're stuck in the past or the future.

Learning from past mistakes is important [WHY?]. Because past mistakes teach you what NOT to do. But guilt trips are traps in time. You keep reliving the pain with no healing.

Worrying about the future produces anxiety without result. Plan for the future. This is how you equip yourself to deal with what's

coming. But don't visit the future in your mind and remain there. Because then you're not focusing on what's right in front of you in the MOMENT.

There are two things that I would like to focus:

## **Renewing**

Romans 12: 1-2

<sup>2</sup> Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

HOW DO WE RENEW OUR MINDS?

Prayer, service, devotion, thanksgiving, sacrifice, grace, mercy, forgiveness.

Rest: if you don't get enough sleep; you will suffer.

## **5. Body**

Sleep: today starts last night: You need 5-8 hours of solid sleep to have the energy, focus and stamina to deal with today. If you don't get enough sleep, you will have mental, physical and other issues.

HOW DO YOU KNOW IF YOU NEED MORE SLEEP?

HAVE YOU EVER NODDED OFF WHILE DRIVING?

Fitness: You need physical activity, about 30 minutes, 5 times per week. Jogging, cycling, lifting weights are all good but so is mowing your lawn, walking, gardening, etc. This is especially important if you have a desk job.

HOW DO YOU STAY FIT PHYSICALLY?

Nutrition: When, how often, how much do you eat. Eating is one of the most complex things we do because we don't eat just for hunger. WHY DO YOU EAT? Social eating, stress eating, lack of control eating, etc. There are thousands of books on eating, how to eat, what to eat. My recipe is this: the more colorful your plate, the better. Eat based on your energy requirements.

The role of fasting. Talk about how using intermittent fasting I was able to personally repair cholesterol, sugar, etc.

## **6. SUCCESS TIPS**

- Stay motivated.
- Take a long term view: immediate results are not the goal but life changing, permanent changes in nutrition, sleep, activity, prayer, etc.
- Stay dedicated.
- Have a goal and a plan.
- If you need to improve on one of these areas: change something.
- Stay focused.
- Live in the moment: be mindful of what you are doing in the present so you can be more effective, if you're praying then pray. Whatever you are doing – focus on that.
- Diminish the noise in your life. Are there aspects of your life that are not producing fruit or keeping you from producing more fruit. Time to prune.
- Produce fruit. Serve, Serve, Serve. Ask God how to do this. What gifts were you blessed with? Have you discovered them all?

In conclusion:

I pray that his small guide has opened your mind to the possibilities of taking control of mind, will and emotions. Jesus Christ offers you the foundation for Salvation and an Eternal life. The Holy Spirit will be your guide in managing the renewing of your mind. Your Father in Heaven eagerly sends you Grace through his Son to do all things in HIS Name.

My Life verse is:

**Philippians 4:13 (KJV)**

<sup>13</sup>I can do all things through <sup>[a]</sup>Christ who strengthens me.