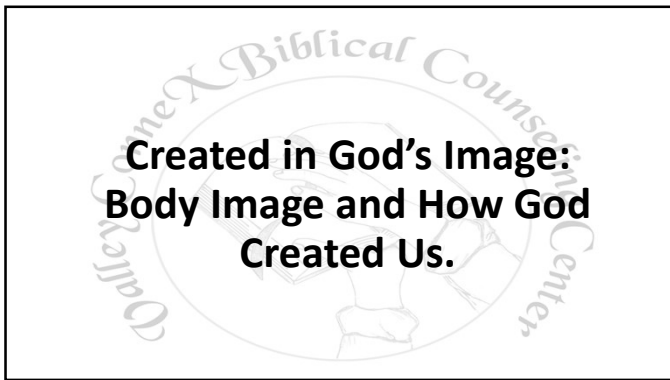
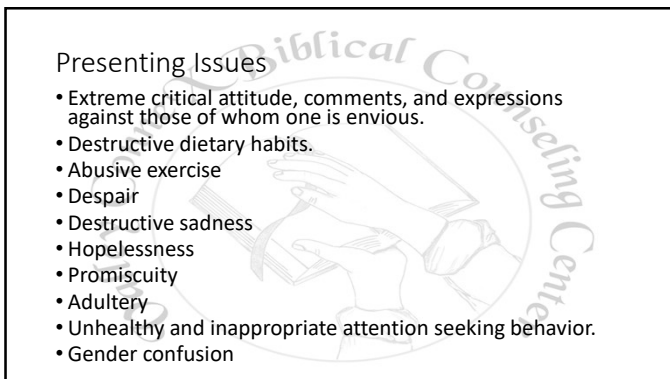


1



2



3

The way forward: A different focus.

- Living under the Lordship of Christ
 - Begins with salvation
 - Making Jesus Christ the central focus of your life.
 - Take the first commandment seriously
 - Exodus 20:2-3
 - Matthew 22:37
 - This overcomes the temptation and resulting sin of idolatry.

4

The way forward: A different focus.

- Living under the Lordship of Christ
 - Understand that God loves you as you are and people who love you with God's love will love you in the same way. 1 John 3:1-2
 - God's love is not dependent on any external factors.
 - God's love will do all that is necessary to help you reach your highest potential.
 - This overcomes the temptation to doubt God's love for you and to try to earn the love of people.

5

The way forward: A different focus.

- Living under the Lordship of Christ
 - Pay the love of God forward by loving others with God's love.
 - 1 John 4:7-21
 - The helps overcome a self centered focus and places the focus on serving God and others.

6

The way forward: A different focus.

- Living under the Lordship of Christ
 - Fulfillment in life is found in a focus on Christ and not on yourself
 - Matthew 16:24-25, Romans 12:1-2
 - This gives us the clear command to decisively deal with our self focus by an exclusive focus on following Christ.

7

The way forward: A different focus.

- Living under the Lordship of Christ
 - Maintain an eternal perspective.
 - 2 Corinthians 4:16-18
 - This perspective keeps us from obsessive fear of the physical impact of aging, disease or physical trauma and/or the reality of these conditions.

8

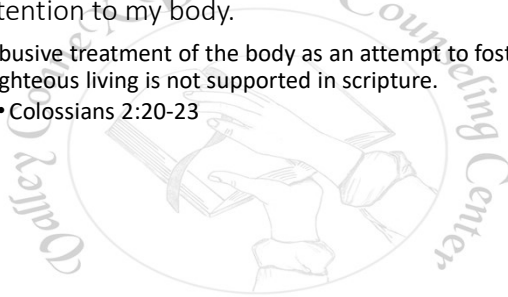
The way forward: An appropriate level of attention to my body.

- As a follower of Christ my body is a temple of the Holy Spirit and should be viewed and treated accordingly.
 - 1 Corinthians 6:19-20
- It is reasonable and normal for us to give appropriate attention to the health and well-being of our physical body.
 - Ephesians 5:28-30

9

The way forward: An appropriate level of attention to my body.

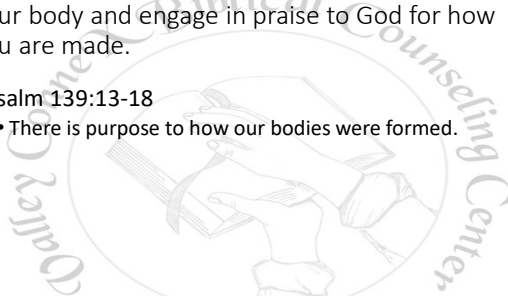
- Abusive treatment of the body as an attempt to foster righteous living is not supported in scripture.
- Colossians 2:20-23



10

The way forward: Receive God's assessment of your body and engage in praise to God for how you are made.

- Psalm 139:13-18
- There is purpose to how our bodies were formed.

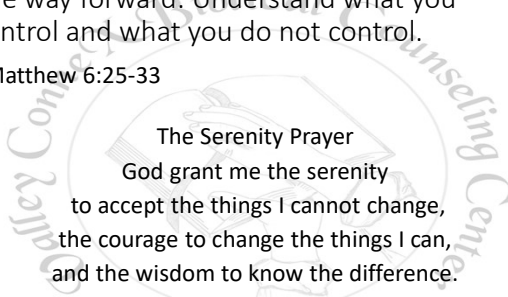


11

The way forward: Understand what you control and what you do not control.

- Matthew 6:25-33

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



12
