

Message Notes for June 21, 2020

Message Title: What's involved to be spiritually balanced?

You've been raised on the Message of the faith and have followed sound teaching. Now pass on this counsel to the followers of Jesus there, and you'll be a good servant of Jesus. Stay clear of silly stories that get dressed up as religion. Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart.

I Timothy 4:6-9 MES

Relevant Question: How do we exercise so we are spiritually in shape?

-You renew your strength spiritually through _____

but they who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary, they shall walk and not faint.

Isaiah 40:31 RSV

Worship is _____ on God.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 NRSV

- _____ will deepen your peace of mind

Ask, and it will be given to you;

Matthew 7:7a NKJV

You do not have because you do not ask God.

James 4:2c NIV

“Will a mere mortal rob God? Yet you rob me.

“But you ask, ‘How are we robbing you?’

“In tithes and offerings. You are under a curse—your whole nation—because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. I will prevent pests from devouring your crops, and the vines in your fields will not drop their fruit before it is ripe,” says the LORD Almighty. “Then all the nations will call you blessed, for yours will be a delightful land,” says the LORD Almighty.

Malachi 3:8-12 NIV