Hebrews 10:22 (NIV)

*22 …let us draw near to God with a sincere **heart** and with the full assurance that **faith** brings, having our hearts sprinkled to cleanse us from a guilty **conscience** and having our **bodies** washed with pure water.*

Jesus cares about your WELLBEING.

"I came that they may have life, and have it in abundance [to the full, till it overflows]. – Jesus, John 10:10b (AMP)

1 Thessalonians 5:23-24 (MSG)

23-24 May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

Romans 12:1-2 (NIV)

1 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. 2 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.

Being wholly WHOLE always involves body, mind & spirit.

How to receive forgiveness from God:

1) *Admit you, like everyone else, need new LIFE in Jesus.*
2) *Ask God to forgive your sins by the sacrifice of Jesus.*
3) *Receive new LIFE from God by trusting in Jesus as your Savior & Lord.*

You can do that right now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: Pastor Shawn said, "Jesus cares about our wellbeing." How does that reality make you feel? What is encouraging about that? What is challenging about it?
:: Share how you have generally viewed the dynamic between body, mind and spirit in your life. Which one have you been intentional to invest in most? Least?
:: Reread 1 Thessalonians 5:23-24. What aspect(s) of being holy & whole is most difficult for you to live into? Which is easiest? Why do you think that is?
:: Read Romans 12:1-2. Paul says that God works from the inside out to transform us. What area of your life do you need to be more intentional to allow God to work that way? What could be an obstacle to that happening?
:: Which area [body, mind or spirit] is God wanting to do something new in you?
:: Identify one thing you can do this week that will help that become a reality.
:: Ask someone you trust to pray for you as you seek to take that next step.

Unless otherwise noted, today's Scripture is from the New International Version [NIV].
Shawn Cossin (@shawncossin) – June 27 & 28, 2020
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