



# FIT FOR LIFE

## **Colossians 3:2 [NIV]**

Set your minds on things above, not on earthly things.

## **Romans 12:2**

Let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Who we will be in 5 years will be largely determined by how we think, and the people we hang out with.

We can limit God's work in our lives by how we **THINK!**

## **Mark 9:17-27**

We need to replace our ruts with trenches of truth! ~ Craig Groeschel

## **How Do We Renew Our Minds?**

1. Remove **DESTRUCTIVE** behaviors getting in our way! *Hebrews 12:1-2*
2. Replace falsehood with **TRUTH**. *John 8:32*
3. Repeat healthy **RHYTHMS**. *Ephesians 5:25-25*

→ God's Word is a cleansing agent in our lives. ←

### **Matthew 6:33**

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

**Any destructive behaviors or limiting mindsets we need to ask God to help us get rid of?**

:: Do we need to replace falsehood with truth?

Do we need to sit down with a counselor?

Do we need to engage a spiritual director?

:: Do we need to set up some healthy rhythms in our lives?

## 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 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.**

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### **For Further Reflection:**

:: In today's message we talked about a few people in the Bible who were tempted to limit the amount of work they allowed God to do in their lives (Moses, the man with the demon-possessed son).

:: Can you think of times in your life when you have been tempted to limit God's work in your life through limiting the scope of your thoughts?

:: What type of limiting words have you been tempted to say to yourself?

:: In today's message, we said that more than the circumstances we go through, who we are in five years will largely be determined by how we think and the people we hang out with. What do you think about this statement?

:: Who is someone in your life who has helped you think clearly and accurately about God's work in your life? What is God teaching you through them?

:: Can you think of any destructive or just unhelpful behaviors that get in the way of allowing God to do everything He'd like to do in your life?

:: Are there any falsehoods you have been telling yourself that need to be replaced with the truth of God's Word – perhaps with the help of a Christian counselor? If so, what might those be?

:: Are there some specific rhythms you would like to set up that would help you live into all God has for you? What would those rhythms be?

Unless otherwise noted, today's Scripture is from the New Living Translation [NLT].  
Rev. Chris Conrad, Great Lakes Regional Superintendent – June 6, 2021  
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