

WHY WE NEED EACH OTHER

God's Prescription for a Healthy Life – Rick Warren
Parts 1-3

"Since we are all one body in Christ, we belong to each other, and each of us needs all the others." Romans 12:5 (NLT)

1. I NEED OTHERS TO _____ WITH ME

"Just as you received Christ Jesus the Lord, so walk in him." Colossians 2:6-7 (ESV)

"It is not good for man to be alone." Genesis 2:18 (NLT)

"Let us not give up the habit of meeting together . . . Instead, let us encourage one another." Hebrews 10:25 (GNT)

COMMUNITY IS GOD'S ANSWER TO: _____

"When you gather, each one of you be prepared with something useful for all: Sing a hymn, teach a lesson, tell a story, lead a prayer, provide an insight . . . Take your turn, with no one person taking over. That way . . . you all learn from each other."

1 Corinthians 14:26, 30-31 (The Message)

"As each part does its work, it helps the other parts grow, so Christ's whole body is healthy and growing and full of love." Ephesians 4:16 (NLT)

"Open your homes to each other without complaining." 1 Peter 4:9 (GNT)

2. I NEED OTHERS TO _____ WITH ME

"God made us to do good works, which he planned in advance for us to live our lives doing." Ephesians 2:10 (NCV)

"Two people are better than one, because they get more done by working together."
Ecclesiastes 4:9 (NCV)

COMMUNITY IS GOD'S ANSWER TO: _____

"Every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith." Galatians 6:10 (The Message)

3. I NEED OTHERS TO _____ FOR ME

"Look out for one another's interests, not just for your own." Philippians 2:4 (GNT)

"Keep being concerned about each other as the Lord's followers should."
Hebrews 13:1 (CEV)

"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."
Ecclesiastes 4:12 (NLT)

COMMUNITY IS GOD'S ANSWER TO: _____

"If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble." Ecclesiastes 4:10 (NLT)

4. I NEED OTHERS TO _____ WITH ME

"You should be like one big family, full of sympathy toward each other."

1 Peter 3:8 (TLB)

"If one member suffers, all suffer together." 1 Corinthians 12:26 (ESV)

COMMUNITY IS GOD'S ANSWER TO: _____

"Be happy with those who are happy, weep with those who weep."

Romans 12:15 (GNT)

"Encourage each other and strengthen one another." 1 Thessalonians 5:11 (GW)

5. I NEED OTHERS TO _____ WITH ME

"Your love for one another will prove to the world that you are my disciples."

John 13:35 (NLT)

"The Holy Spirit doesn't want you to be afraid of people, but to be wise and strong, and to love them and enjoy being with them." 2 Timothy 1:7 (TLB)

GOD'S ANSWER TO FEAR IS _____

"You are working together and struggling side by side to get others to believe the Good News." Philippians 1:27 (CEV)

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GETTING YOUR SHIP OUT OF THE HARBOR

God's Prescription for a Healthy Life – Rick Warren
Parts 1-2

"King Jehoshaphat built a fleet of trading ships to go to Ophir for gold, but they never set sail—they were wrecked at Ezion-Geber." 1 Kings 22:48 (NIV)

"Be careful how you act; these are difficult days. Don't be fools; be wise: Make the most of every opportunity you have for doing good." Ephesians 5:15-16 (TLB)

HOW TO GET OUT OF THE HARBOR (Before being shipwrecked)

STOP

"We are each responsible for our own conduct." Galatians 6:5 (NLT)

"The lazy person is full of excuses." Proverbs 22:13 (NLT)

SURRENDER

"I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need." Philippians 4:12-13 (NLT)

SET

"An intelligent person aims at wise actions, but a fool starts off in many directions." Proverbs 17:24 (GNT)

"According to your faith will it be done to you." Matthew 9:29 (NIV)

Focused – be specific!

Attainable – possible & practical

Individual – you can't set goals for others

Trackable – can you measure your progress?

Heartfelt – does it motivate you? does it stir your passion?

START

"If you wait for perfect conditions, you'll never get anything done." Ecclesiastes 11:4 (TLB)

SELECT

"It's better to have a partner than go it alone." Ecclesiastes 4:9 (The Message)

SUMMER OPPORTUNITIES: A GREAT TIME . . .

- **TO** _____
"Encourage each other every day while you have the opportunity." Hebrews 3:13 (GW)
"As we have opportunity, let us do good to all people, especially to those who belong to the family of believers." Galatians 6:10 (NIV)
- **TO** _____
"Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything." James 1:2-4 (NLT)
- **TO** _____
"Don't use your freedom as an excuse to do anything you want. Use it as an opportunity to serve each other with love." Galatians 5:13 (CEV)
- **TO** _____
"Those in frequent contact with the things the world offers should make good use of their opportunities without stopping to enjoy them; for the world in its present form will soon be gone." 1 Corinthians 7:31 (TLB)
"God will give you many opportunities to do good, and he will produce a great harvest of generosity in you." 2 Corinthians 9:10 (NLT)
- **TO** _____
"They have the opportunity to live again, but . . . they are like a baby who is about to be born but won't come out of its mother's womb!" Hosea 13:13 (GW)
"God is patient for your sake. He doesn't want to destroy anyone but wants all people to have an opportunity to turn to him and change the way they think and act . . . Look on our Lord's patience as the opportunity he is giving you to be saved." 2 Peter 3:9, 15 (GW/GNT)
- **TO** _____
"Be wise in the way you act with people who are not believers, making the most of every opportunity. Always be kind and pleasant so you will be able to answer everyone in the way you should." Colossians 4:5-6 (NCV)
"For me, living means opportunities for Christ, and dying—well, that's better yet! But if living will give me more opportunities to win people to Christ, then I really don't know which is better . . . But the fact is I can be of more help to you by staying!" Philippians 1:21-24 (TLB)

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SETTING GOALS IN FAITH

God's Prescription for a Healthy Life – Rick Warren
Parts 1-3

WHY I NEED TO SET PERSONAL GOALS

1. _____
"God plans to bring all of history to its goal in Christ. Then Christ will be the head of everything in heaven and on earth!" Ephesians 1:10 (GW)
2. _____
"I do not run without a goal. I fight like a boxer who is hitting something—not just the air." 1 Corinthians 9:26 (NCV)

"Make the most of every opportunity for doing good in these evil days."
Ephesians 5:16 (NLT)
3. _____
"According to your faith will it be done to you." Matthew 9:29 (NIV)

"Everything that does not come from faith is sin." Romans 14:23 (NIV)
4. _____
Paul: "I do not claim that I've already succeeded or have already become perfect. I keep striving toward the goal for which Christ Jesus has won me to himself."
Philippians 3:12 (GNT)

"Then we will be mature, just as Christ is, and we will be completely like him."
Ephesians 4:13 (CEV)
5. _____
Job: "I do not have the strength to endure. I do not have a goal that encourages me to carry on." Job 6:11 (NLT)

"The plans I have for you are plans to prosper you, not to harm you. They are plans to give you hope and a future." Jeremiah 29:11 (NIV)

WHAT KIND OF GOAL DOES GOD BLESS?

1. _____
"Whether you eat or drink or whatever you do, do it all for the glory of God."
1 Corinthians 10:31 (NIV)

"We make it our goal to please him, whether we are at home in the body or away from it." 1 Corinthians 5:9 (NIV)

2. _____
"Everything you do must be done with love." 1 Corinthians 16:14 (NLT)

"Let love be your highest goal." 1 Corinthians 14:1 (NLT)
3. _____
"Do not use any part of yourselves to sin or to be used for wicked purposes. Instead, give yourselves to God . . . and surrender your whole being to him to be used for righteous purposes." Romans 6:13

Paul: "I run straight to the goal with purpose in every step." 1 Corinthians 9:26 (NLT)
4. _____
"Without faith it is impossible to please God." Hebrews 11:6 (NIV)
5. _____
"We plan the way we want to live, but only God makes us able to live it."
Proverbs 16:9 (The Message)

"You will NOT succeed by your own strength or power, but by my Spirit, says the Lord." Zechariah 4:6 (NCV)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths." Proverbs 3:5-6 (NLT)

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WHAT IT TAKES TO REALLY CHANGE

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Parts 1-3

Romans 12:1-12

1.

"Therefore, I urge you, brothers, in view of God's mercy, to offer YOUR BODIES as living sacrifices, holy and pleasing to God—this is your spiritual act of worship."
Romans 12:1 (NIV)

2.

"Do not conform any longer to the pattern of this world, but be TRANSFORMED by the renewing of your mind." Romans 12:2 (NIV)

3.

"Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."
Romans 12:3 (NIV)

"Be honest in your estimate of yourselves." (NLT)

4.

"Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others." Romans 12:4-5 (NLT)

5.

"Don't just pretend that you love others. Really love them. Hate what is evil. Stand on the side of the good. Love each other with genuine affection, and take delight in honoring each other." Romans 12:9-10 (NLT)

6.

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:11-12 (NIV)

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GOD'S PRESCRIPTION FOR HEALTH

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Parts 1-2

WHAT GOD SAYS ABOUT MY BODY

1 Corinthians 6:12-20

1. _____
"Everything is permissible for me—but not everything is beneficial. Everything is permissible for me—but I will not be mastered by anything. Food for the stomach and the stomach for food—but God will destroy both." 1 Corinthians 6:12-13 (NIV)
2. _____
"The body is not meant for sexual immorality, but for the Lord, and the Lord for the body." 1 Corinthians 6:13 (NIV)
3. _____
"By his power God raised the Lord from the dead, and he will raise us also,"
1 Corinthians 6:14 (NIV)

MISTAKES WE MAKE

- WE RELY _____
 - WE HAVE _____
 - WE TRY _____
4. _____
"Do you not know that your bodies are members of Christ himself? . . . Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body." 1 Corinthians 6:15, 18 (NIV)
 5. _____
"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" 1 Corinthians 6:19 (NIV)
 6. _____
"You are not your own; you were bought at a price. Therefore honor God with your body." 1 Corinthians 6:20 (NIV)

"I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship." Romans 12:1 (NIV)

GOD'S PRESCRIPTION FOR HEALTH

- "You made my body, Lord; now give me sense to heed your laws."
Psalm 119:73 (TLB)
- "These instructions are not mere words—they are your life! By obeying them you will enjoy a long life in the land." Deuteronomy 32:47 (NLT)
- "Keep my commands in your heart, for they will prolong your life many years and bring you prosperity . . . Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; Fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with the first part of your wealth, the first fruits of all your crops; then your barns will be filled to overflowing." Proverbs 3:1-10 (NIV)

1. _____ **IS GOOD FOR MY HEALTH**
"I said to myself, 'Relax, because the Lord takes care of you.'" Psalm 116:7 (NCV)

"A heart at peace gives life to the body, but envy rots the bones."
Proverbs 14:30 (NIV)
2. _____ **IS GOOD FOR MY HEALTH**
"When I refused to confess my sin, I was weak and miserable, and I groaned all day long . . . My strength evaporated . . . Finally, I confessed all my sins to you and stopped trying to hide them . . . and you forgave me! All my guilt is gone."
Psalm 32:3-5 (NLT)
3. _____ **IS GOOD FOR MY HEALTH**
"A generous man will prosper; he who refreshes others will himself be refreshed."
Proverbs 11:25 (NIV)
4. _____ **IS GOOD FOR MY HEALTH**
"A cheerful heart is good medicine, but a crushed spirit dries up the bones."
Proverbs 17:22 (NIV)

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WINNING WITH THE HAND YOU'RE DEALT

God's Prescription for a Healthy Life – Rick Warren
Parts 1-4

"Thank you for making me so wonderfully complex!" Psalm 139:14 (NLT)

"A person who fears God deals responsibly with all of reality, not just a piece of it."
Ecclesiastes 7:18 (The Message)

FIVE FACTORS THAT INFLUENCE MY IDENTITY

"Life is like a hand of poker. You have to play the cards you're dealt."

1. _____
2. _____
3. _____
4. _____
5. _____

FIVE WINNING CHOICES

1. _____
"You made my body, Lord; now give me sense to heed your laws."
Psalm 119:73 (TLB)
2. _____
"Let love be your highest goal." 1 Corinthians 14:1 (NLT)

"I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love." Ephesians 3:17 (NCV)

"There is no fear in love. But perfect love drives out fear." 1 John 4:18 (NIV)

3. _____
"God knows us far better than we know ourselves . . . That's why we can be so sure that every detail in our lives of love for God is worked into something good. God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him."
Romans 8:27-29 (The Message)

"I will praise the Lord no matter what happens." Psalm 34:1 (TLB)

4. _____
"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Romans 12:2 (NLT)
5. _____
"When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!" 2 Corinthians 5:17 (TLB)

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THE AMAZING POWER OF FORGIVENESS

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QUIZ

- A person should not be forgiven until he asks for it. T F
- Forgiving includes minimizing the offense & the pain caused. T F
- Forgiveness includes restoring trust & reuniting a relationship. T F
- You haven't really forgiven until you've forgotten the offense. T F
- When I see someone hurt, it is my duty to forgive the offender. T F

WHAT IS FORGIVENESS?

1. IT ISN'T _____
2. IT ISN'T _____ THE SERIOUSNESS OF THE OFFENSE
3. IT ISN'T _____ A RELATIONSHIP WITHOUT CHANGES
4. IT ISN'T _____ WHAT HAPPENED
5. IT ISN'T _____ WHEN I WASN'T THE ONE WHO WAS HURT

WHY MUST I FORGIVE?

1. **BECAUSE** _____
"Remember, the Lord forgave you, so you must forgive others." Colossians 3:13 (NLT)

"God forgave all our sins. He canceled the record that contained the charges against us. He took it and destroyed it by nailing it to Christ's cross." Colossians 2:13-14 (NLT)
2. **BECAUSE** _____
"You are only hurting yourself with your anger!" Job 18:4 (GNT)

"To worry yourself to death with resentment would be a foolish, senseless thing to do."
 Job 5:2 (GNT)

3. **BECAUSE** _____
"For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins." Matthew 6:15 (NIV)

HOW DO I FORGIVE?

1. **BY** _____ **MY RIGHT TO GET EVEN**
"Never avenge yourselves. Leave that to God, for he has said he will repay those who deserve it." Romans 12:19 (TLB)
2. **BY** _____ **TO EVIL WITH GOOD**
"Do good to those who hate you, bless those who curse you, and pray for those who mistreat you." Luke 6:27-28 (NIV)
3. **BY** _____ **THESE STEPS AS LONG AS NECESSARY**
"Peter asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No,' Jesus replied. 'Seventy times seven!'" Matthew 18:21-22 (NLT)
4. **BY** _____ **OTHERS WITH THE GOOD NEWS OF GOD'S FORGIVENESS**
"Through Christ, God made peace between us and himself, and God gave us the work of telling everyone about the peace we can have with him. God was in Christ, making peace between the world and himself. In Christ, God did not hold the world guilty of its sins. And he gave us this message of peace. So we have been sent to speak for Christ." 2 Corinthians 5:18-20 (NCV)

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THE AWESOME POWER OF FAITH

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“Jesus did not do many miracles of power in his hometown, because of their lack of faith.” Matthew 13:58 (AMP)

“Abraham’s faith did not leave him, and he did not doubt God’s promise; instead his faith filled him with power.” Romans 4:20 (GNT)

1. FAITH IS CHOOSING _____

“Where there is no vision, the people perish.” Proverbs 29:18 (NIV)

“God, by his mighty power at work within us, is able to do far more than we would ever dare to ask or even dream of—infinitely beyond our highest prayers, desires, thoughts, or hopes.” Ephesians 3:20 (TLB)

“I am the Lord, the God of all the peoples of the world. Is anything too hard for me?” Jeremiah 32:27 (NLT)

“Ask of me, and I will make the nations your inheritance, the ends of the earth your possession.” Psalm 2:8 (NIV)

2. FAITH IS BEING WILLING TO _____

“They risks their lives for the name of our Lord Jesus Christ.” Acts 15:26 (NAB)

“If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up.” Daniel 3:17-18 (NIV)

“The fear of human opinion disables.” Proverbs 29:25 (The Message)

“Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else.” Galatians 6:4 (NIV)

3. FAITH IS EXPECTING GOD _____

“I expect and hope that I will not fail Christ in anything but that I will have the courage now . . . to show the greatness of Christ in my life here on earth, whether I live or die.” Philippians 1:20 (NCV)

“I believe I shall enjoy the Lord’s goodness in the land of the living.” Psalm 27:13 (NAB)

“According to your faith will it be done to you.” Matthew 9:29 (NIV)

“Faith assures us of things we expect and convinces us of the existence of things we cannot see.” Hebrews 11:1 (GW)

4. FAITH IS _____

“Be brave. Be strong. Don’t give up. Expect God to get here soon.” Psalm 31:24 (The Message)

“My life hangs in the balance, but I will not give up obedience to your Word.” Psalm 119:109 (TLB)

“Even if good people fall seven times, they will get back up.” Proverbs 24:16 (CEV)

“Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don’t get discouraged and give up.” Galatians 6:9 (TLB)

“Then the father of the child cried out, and said with tears, ‘Lord, I believe! Help me with my unbelief!’” Mark 9:24 (KJV)

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