

THE KEY TO A HEALTHY LIFE

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I. THE KEY TO A HEALTHY LIFE

1. REALIZE _____ & STOP _____

“² In the pride of your heart you say, ‘I am a god...’ But you are just a man and not a god, though you think you are as wise as a god.” Ezekiel 28:2

“¹ The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?” ² “Of course we may eat fruit from the trees in the garden,” the woman replied. ³ “It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.’” ⁴ “You won’t die!” the serpent replied to the woman. ⁵ “God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.” Genesis 3:1-5

“³ God blesses those who realize their need for him, for the Kingdom of Heaven is given to them.” Matthew 5:3

II. HOW WE “PLAY GOD”?

1. BY DENYING OUR _____

We Often Deny Our Humanity By Denying:

i. Our _____

ii. Our _____

iii. Our _____

2. BY TRYING TO _____

Things We Try To Control:

i. Our _____

ii. Other _____

iii. Our _____

3. BY _____

“²⁷ Can all your worries add a single moment to your life?” Matthew 6:27

4. BY TRYING TO LIVE _____

“⁹ We can make our plans, but the LORD determines our steps.” Proverbs 16:9

III. THE CONSEQUENCES OF “PLAYING GOD”

1. _____

“²¹ It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. ²² I love God's law with all my heart. ²³ But there is another law at work within me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me.” Romans 7:21-23

2. _____

“⁴ Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. ⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone.” Psalm 32:4-5

“¹ When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” ³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.” ⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. ⁷ Then the angel of the LORD came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” 1 Kings 19:1-7

3. _____

“¹² There is a path before each person that seems right, but it ends in death.” Proverbs 13:12

“¹³ You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.” Proverbs 28:13

IV. WHY DO WE STRUGGLE WHEN TRYING TO “PLAY GOD”?

1. WE HAVE _____

“¹⁵ I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. ¹⁶ I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good. ¹⁷ But I can't help myself, because it is sin inside me that makes me do these evil things.” Romans 7:15-17

2. WE ARE LIMITED IN _____

“⁸ “My thoughts are nothing like your thoughts,” says the LORD. “And my ways are far beyond anything you could imagine. ⁹ For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.” Isaiah 55:8-9

“He reveals deep and mysterious things and knows what lies hidden in darkness, though he himself is surrounded by light.” Daniel 2:22

3. WE ARE LIMITED IN _____

“²⁸ For you are God, O Sovereign LORD . Your words are truth...” 2 Samuel 7:28

4. WE WERE NOT CREATED TO BE _____

“¹¹ You are worthy, O Lord, to receive glory and honor and power: for you have created all things, and for your pleasure they are and were created.” Romans 4:11

“⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” John 15:5

V. STEPS TO HEALTHY LIVING

1. ADMIT I NEED _____

“⁸ We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹ In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. ¹⁰ And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.” 2 Corinthians 1:8-10

“²⁹ God gives power to the faint, and strengthens the powerless.” Isaiah 40:29

ADMIT I’M POWERLESS TO:

1. _____
2. _____
3. _____

2. RELINQUISH MY _____ TO GOD

“²³ Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.” Luke 9:23

“^d And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.^[b] ² 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. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:1-2

“⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. ⁷ For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will. ⁸ That’s why those who are still under the control of their sinful nature can never please God.” Romans 8:5-8

KEY: BECOME LIKE _____

“² Jesus called a little child to him and put the child among them. ³ Then he said, “I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven.” Matthew 18:2-3

“³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” Matthew 6:33

3. PRAY _____

“⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7

“⁵ If you need wisdom--if you want to know what God wants you to do--ask him, and he will gladly tell you. He will not resent your asking. ⁶ But when you ask him, be sure that you really expect him to answer, for a doubtful mind is as unsettled as a wave of the sea that is driven and tossed by the wind.” James 1:5-6

4. _____ HELP YOU

“²² If you believe, you will receive whatever you ask for in prayer.” Matthew 21:22

“⁶ So, you see, it is impossible to please God without faith. Anyone who wants to come to him must believe that there is a God and that he rewards those who sincerely seek him.” Hebrews 11:6

“¹² If you think you are standing strong, be careful not to fall. ¹³ The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” 1 Corinthians 10:12-13

5. LISTEN FOR _____

“¹³ When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.” John 16:13

KEY: _____ AS I SEEK GOD’S GUIDANCE

*“¹⁴ Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.”
Psalm 27:14*

6. OBEDIENTLY _____

“²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.” Galatians 5:24-25

“³⁰ And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.” Ephesians 4:30

KEY: BE CAREFUL NOT TO “PLAY GOD”, GIVING CREDIT FOR _____

_____ TO GOD

“⁵ Trust in the LORD with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will direct your paths.” Proverbs 3:5-6

7. TRUST THAT GOD’S WAY _____

*“⁸ The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”
Psalm 32:8*

“²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” Romans 8:28

“⁵ Trust in the LORD with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will direct your paths.” Proverbs 3:5-6