



Vision

to be a community that experiences and expresses LOVE from God and to others

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“The only thing that counts is faith expressing itself through love.” – Galatians 5:6b

FOR A WHOLE HEALTHY

WEEK

This week... "DESPERATION"



For a Whole Healthy Life

- **Soul** - spiritual health (purpose, identity, eternity)
- **Body** - physical and mental health (nutrition, exercise, rest)
- **People** - relational health (marriage, family, neighbors)
- **Planet** - environmental health (conservation, protection, sanitation)

Spirit, Soul & Body

*“Now may the God of peace make you holy in every way, and may your whole **spirit** and **soul** and **body** be kept blameless until our Lord Jesus Christ comes again.” - 1 Thessalonians 5:23*

What consumes you?

Food

Health

Social

Drink

Appearance

Media

Work

Sex

Religion

Wealth

Entertainment

Jesus

Are you consuming _____ or
is _____ consuming you?

2 Primary Things Needed for Change

1. Purpose
2. Power

Scripture Text... Proverbs 9:10-18, Psalm 16:5a

1. PURPOSE

- Am I living for My Glory & Kingdom or Thy Glory & Kingdom?

2. POWER

Power to change does not come from our own personal will power. It comes from God's Spirit.

Psalm 16:2-3, 5a, 11

*I say to the Lord, "You are my Lord; apart from you I have no good thing." I say of the holy people who are in the land, "They are the noble ones in whom is all my delight... **Lord, you alone are my portion and my cup...** You make known to me the path of life; in your presence there is fullness of joy, at Your right hand there are pleasures forevermore.*

How Change Happens

1. Desperation leads us to God.
- 2.
- 3.

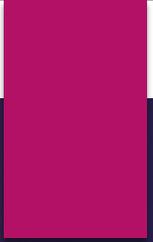
Desperation can occur through...

- Prayer
- Life Circumstances
- Tragedy
- God's Word
- Other People



Q: What if I'm not desperate?

A: Create an “environment of grace” in your life that will be conducive for the Holy Spirit to come.



Q: How do I create an “environment of grace?”

1. Availability
2. Identity
3. Humility
4. Community
5. Activity

How To Change

1. Desperation leads us to God.
2. When we go to God, we let go of our rope of self-sufficiency and we grab hold of Jesus and His all-sufficiency.
3. When we grab hold of Jesus, He fills us with His Spirit, which gives us the power to change.

Ezekiel 36:26-27

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

Where is the Gospel in all of this?

All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead because of our sins, made us alive together with Christ (by grace you have been saved). - Ephesians 2:3-5

Where is the Gospel in all of this?

*“The gospel is not about transformation
as much as it’s about substitution.”*

– Tullian Tchividjian

Concluding Thoughts

1. We must have purpose and power, both rooted in Jesus.
2. Desperation is the gateway for transformation.
3. Transformation happens under a banner of unconditional love.