Good News Church GA
Sermon Notes: For A Whole Healthy Life
Nutrition (Healthy Eating) – "Desperate"
Scripture: Psalm 16:5a
by Drue Warner
2-5-23

*"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

Are you consuming _____ or is _____ consuming you?

2 Primary Things Needed for Change

1. Purpose (last week 1/29/23))
2. Power (this week 2/5/23)

POWER - *Power to change does not come from our own willpower but from God's Spirit.*

How Change Happens

1. **Desperation leads us to God.**
   - *Desperation is the gateway to transformation.*
   - ***They were at their wits' end.*** *Then they cried out to the Lord in their trouble, and he brought them out of their distress.* - Psalm 107:27b, 28
   - *"For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that **we were burdened beyond measure, above strength, so that we despaired even of life.** Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us."* - 2 Corinthians 1:8-10

     Desperation can occur through
     - Prayer
     - Life Circumstances (though, not always – trach and smoking)
     - Tragedy (though not always)
     - God's Word
     - Other People

     What if I'm not desperate? What do I do?
     - Create an "environment of grace" that's conducive for the Holy Spirit to work.

How do I create an "environment of grace?"

1. **AVAILABILITY** - Giving God time and space to connect with you and speak to you (i.e., through reading scripture, reading a good devotional or book, journaling, listening to worshipful music, taking a walk outdoors, etc.).

2. **IDENTITY** – Believe the truth about who God says you are. You are a beloved child of the King and a kid of the Kingdom. Relax. Forget the false identity that's built on what others think about you.

   My thoughts toward you are countless as the sand on the seashore (Psalm 139:17-18), and I rejoice over you with singing (Zephaniah 3:17). I will never stop doing good to you (Jer. 32:40) for you are my treasured possession (Exodus 19:5).

3. **HUMIILITY** - Seek character traits that are most pleasing and honoring to God.

   - In your weakness, God is most likely developing HUMILITY.
   - *My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.* – Psalm 51:17

4. **COMMUNITY** - Don't go through this in isolation.

5. **ACTIVITY -** Take steps and do what you believe God may be calling you to do.

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.**
   - TED TALK – *"The secret to self-control is to give up control."* But… to who?

3. **When we grab hold of Jesus, He fills us with His Spirit and the power to change.**
   - *The same Spirit that raised Jesus from the dead is living in you!* - Romans 8:11
   - *"For God gave us a spirit not of fear but of power and love and self-control."* - 2 Timothy 1:7
   - *The fruit of the Spirit… self-control.* – Galatians 5:22-23

Where is the Gospel in all of this? (See Ephesians 2:3-5)

- *"The gospel is not about transformation. It's about substitution."* – Tullian Tchividjian
- Sanctification (def): God turning our "should do's" into "want to's" and our "want to's" into "do's," and wherever we do and don't is completely covered in Christ's done.

CONCLUDING THOUGHTS

1. **We must have purpose and power, both rooted in the person of Jesus.**

2. **Desperation is the gateway for transformation.**

3. **Transformation happens under a banner of unconditional love.**
   "There is no fear in love. But perfect love drives out fear." - 1 John 4:18