



Identity Shift

How Do I Have a Healthy Soul?

1. Who am I?
2. What am I?
3. Why am I?

Jesus knows that changed people change the world

The health of your soul, the health of your spirit, and the health of your body are inseparable.

Mark 8:35-37 (NLT)

If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. 36 And what do you benefit if you gain the whole world but lose your own soul? 37 Is anything worth more than your soul?

REFUSING TO ACKNOWLEDGE HOW MY PAST IS
AFFECTING MY PRESENT

2 Corinthians 5:17 (ESV)

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

The work of growing in Christ demands that we go back into our history to unearth and break free from our destructive patterns that prevent us from loving ourselves, loving others, and loving our Father God.

PRESENTING PERFECTION WHILE LIVING IN FAILURE

JUDGING OTHER PEOPLE'S SPIRITUAL JOURNEY

If you're occupied with your own faults, you have no time to see those of your neighbor

If people are criticizing you, ask yourself a couple questions:

1. Are they right?
2. Do they care about me?
3. Can I change this?

If you're criticizing other people, ask yourself a couple questions:

1. Is this from the Holy Spirit or is this a cop out so I don't have to think about my own problems?
2. Do I love them?
3. Am I supposed to be their solution?