

Living in the Zone - Finding Your Sweet Spot
Message #1 "Heart Conditioning
1 Timothy 4:7-8 and Survey
February 27 & 28, 2010

THREE KEYS TO HEART HEALTH

1. Create

MARGIN =

"The definition of "CRISIS" has lowered because the ability and time to cope has decreased." Pastor Phil

God's Word on the Matter:

"Take the time and trouble to keep yourself spiritually fit." 1 Tim. 4:7 (Phillips Translation)

"Base your happiness on your hope in Christ. When trials come, endure them patiently; steadfastly maintain the habit of prayer." Rom. 12:12 (Phillips Translation)

"What good is it for a man to gain the whole world, yet forfeit his soul? What can a man give in exchange for his soul?" Mark 8:36-37

"Then He said to them, 'The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.'" Mark 2:27-28

Big Thought: Margins bring a greater opportunity

Big Lesson: If we are going to **we need to create margins.**

2. Develop

"Two are better than one, because they have a good return for their work: 10 If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! 11 Also, if two lie down together, they will keep warm. But how can one keep warm alone? 12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Eccl. 4:9-12 NIV

"Two can accomplish more than twice as much as one, for the results can be much better. 10 If one falls, the other pulls him up; but if a man falls when he is alone, he's in trouble." Eccl. 4:9-10 The Living Bible

"The way we know we've been transferred from death to life is that we love our brothers and sisters. Anyone who doesn't love is as good as dead." 1 John 3:14-18 Message Bible

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching." Hebrews 10:25

"But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness." Hebrews 3:13

"The Christian who is not committed to a group of other believers for praying, sharing and serving, so that he is known, as he knows others, is not an obedient Christian. He is not in the will of God. However vocal he may be in his theology, he is not obeying the Lord." Dr. Ray Ortland

Big Thought: God places a strong emphasis on the

Big Lesson: When I develop strong Biblical relationships, I am

"He who is alone with his sins is utterly alone. It may be that Christians, notwithstanding corporate worship, common prayer, and all their fellowship in service, may still be left to their loneliness. The final breakthrough to fellowship does not occur because, though they have fellowship with one another as believers and as devout people, they do not have fellowship as the un-devout, as sinners. The pious fellowship permits no one to be a sinner. So everyone must conceal his sin from himself and from their fellowship. We dare not be sinners. Many Christians are unthinkably horrified when a real sinner is suddenly discovered among the righteous. So we remain alone with our sin, living in lies and hypocrisy. The fact is that we are sinners!" Dietrich Bonhoeffer

3. Maintaining _____

"(Those) who are always meditating on His laws...are like trees along a riverbank bearing fruit...they never wither and whatever they do prospers." Psalm 1:2-3 LB

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed." Mark 1:35-36

"But Jesus often withdrew to lonely places and prayed." Luke 5:16

"Jesus went out as usual to the Mount of Olives, and His disciples followed Him." Luke 22:39

"You, then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God's judgment seat. So then, each of us will give an account of himself to God." Romans 14:10-12

Big Thought: I've got _____.

"No man has power over the wind to contain it; so no one has power over the day of his death." Eccl. 8:8

Big Lesson: Spiritual health _____.

THE BIG QUESTION?