**How is Your Soul? #2**

**(Summer of Freedom)**

**June 12th, 2022**

1 Thessalonians 5 NLT

***23Now 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]](#footnote-1)***

3 John 2 NASB

***Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.[[2]](#footnote-2)***

-The word there for prosper means “to succeed on the journey”.

-You can not succeed on the journey and leave your soul behind.

-A successful journey in life is to be made whole and to prosper-spiritually, physically and in the inner man.

Mark 8:36

[**New Living Translation**](https://biblehub.com/nlt/mark/8.htm)  
And what do you benefit if you gain the whole world but lose your own soul?  
  
[**English Standard Version**](https://biblehub.com/esv/mark/8.htm)  
For what does it profit a man to gain the whole world and forfeit his soul?

-We are going to spend an extended time this summer talking about the man on the inside.

-Mental and emotional health are vital, especially in the times we live.

-Jesus said in the last days men’s hearts would fail them for fear when they see what is going on around them.

-A life with an unhealthy soul is not a joyful life.

-People are involved in all sorts of things to smother their feelings and emotions.

-They are medicating pain and discomfort that Jesus wants to heal.

-Why are you struggling with drugs or alcohol?

-Why do you watch 12 hours of Netflix in a row?

-What are you covering up?

Genesis 3 NLT

***7At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.***

***8When the cool evening breezes were blowing, the man[[3]](#footnote-3)\* and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9Then the Lord God called to the man, “Where are you?”***

***10He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.” [[4]](#footnote-4)***

-Adam and Eve were covering themselves up and hiding in shame.

-What are you using for fig leaves?

-God doesn’t want you to cover up anymore…….come clean….drag that into the light. Sunlight is the best disinfectant.

-We want to help you….GOD WANTS TO HELP YOU.

Peter Scazzero makes a statement:

**“IT’S IMPOSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING EMOTIONALLY IMMATURE.”**

**LOVE AND FORGIVENESS**

-This message today is possibly the foundation of a really healthy soul.

-We can break Christianity down into LOVE GOD/LOVE PEOPLE.

-In order to do that we must receive forgiveness and give forgiveness.

1. **Receive the Love of God.**

Ephesians 3 NLT

***16I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. 18And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. 19May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. [[5]](#footnote-5)***

-Last week we talked about Romans 7 where over 30 times Paul says I in the context of his struggle with sin.

-But he finished this way:

Romans 7-8 NLT

***24Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.***

Chapter 8

***So now there is no condemnation for those who belong to Christ Jesus. 2And because you belong to him, the power[[6]](#footnote-6)\* of the life-giving Spirit has freed you[[7]](#footnote-7)\* from the power of sin that leads to death.[[8]](#footnote-8)***

-I was studying and I heard the term scrupulosity and it really described me sometimes.

-See if you relate.

SCRUPULOSITY IS AN EXCESSIVE MORBID CONCERN ABOUT THE TINIEST SPECK OF MORAL DIRT. IT IS A REMORSELESS HUNT FOR SOMETHING THAT MIGHT BE WRONG.

-If you keep looking, you will find something.

-Grace teaches us to relax and let God love us.

-Righteousness is a gift that leads to holiness.

-Because we know we are imperfect still we can live in this state of striving and trying to become something we already are.

-When I was healed last year I felt like the Lord said to me: YOU ARE ASKING ME TO PUT YOU IN A ROOM YOU ARE ALREADY IN.

-In other words, receive what I already did.

-I am not condoning sin but the only way to beat it is to RECEIVE THE LOVE AND RIGHTEOUSNESS OF GOD.

-One of the greatest revelations you can receive is the revelation of God’s sincere love for you. That is what Paul was praying there.

-**How deep are your roots?**

1 John 4 NLT

***16We know how much God loves us, and we have put our trust in his love.***

***God is love, and all who live in love live in God, and God lives in them. 17And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.***

***18Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. 19We love each other[[9]](#footnote-9)\* because he loved us first.***

***20If someone says, “I love God,” but hates a fellow believer,[[10]](#footnote-10)\* that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see? 21And he has given us this command: Those who love God must also love their fellow believers.[[11]](#footnote-11)\* [[12]](#footnote-12)***

-Learn to start your day by receiving God’s love.

-The next step is to let it overflow to others.

-You can’t give what you do not have.

-You can love AFTER you know he first loved you.

1. **Flush the waste from your life.**

-Near San Diego California years ago a man named James Huberty walked into a McDonalds with an automatic weapon and shot over 20 people before he was killed by the SWAT team. He wanted to commit suicide but didn’t have the courage so he let the SWAT team do it.

-Time and Newsweek magazines covered the story and here is what they said: James Huberty was the picture of unresolved conflict.

-Is that an understatement?

-The Bible talks about a ROOT OF BITTERNESS.

-That comes from unresolved anger.

-Look at all of the mass shootings and events where someone drives into a crowd and kills grandmas.

-Mental illness is rampant and it is causing people to do crazy things.

-The Bible says to be angry and sin not.

-Anger is not a sin. It is what you do with it that matters.

-You can Biblically process it or push it down until it explodes.

Hebrews 12 NLT

***15Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many[[13]](#footnote-13)***

-What do we know about this root?

* **It was planted there as an event. Maybe words or actions. It is a hurt that begins to grow and spread.**
* **The Bible says don’t let the sun go down on your anger because you will forget the facts and just remember that you had a disagreement with someone. It leaves facts behind and turns into a feeling. It becomes an attitude.**
* **It is underground. If you didn’t get rid of it immediately it goes undetected because you just think it is a part of you.**
* **It is acidic….it destroys the container. It is like an ulcer that just burns its way through. Your unforgiveness hurts you, not the other person.**
* **Bitterness is the result of us looks for justice for others but grace for ourselves. We should give others the grace we want to receive.**

Mark 11 NLT

***25But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.[[14]](#footnote-14)\*” [[15]](#footnote-15)***

-In the original language an offence is a misstep or to fall down. Help people back up when they fall down.

-Life happens.

-We have to learn to FLUSH THE WASTE PRODUCTS OF LIFE.

-I have told the story of having a dream of a gross portapotty that had not been taken care of. Then when I looked at it in the dream there were snakes wiggle around…..it was gross. Sorry.

-The thing that came to me after I woke up was that the porta potty served the same function as the bathroom in a $2000 a night luxury hotel. The difference is that one was flushed and maintained, and the porta potty wasn’t.

-You can’t stop things from happening bad to you.

-Life happens to us all.

Genesis 50 NLT

***14After burying Jacob, Joseph returned to Egypt with his brothers and all who had accompanied him to his father’s burial. 15But now that their father was dead, Joseph’s brothers became fearful. “Now Joseph will show his anger and pay us back for all the wrong we did to him,” they said.***

***16So they sent this message to Joseph: “Before your father died, he instructed us 17to say to you: ‘Please forgive your brothers for the great wrong they did to you—for their sin in treating you so cruelly.’ So we, the servants of the God of your father, beg you to forgive our sin.” When Joseph received the message, he broke down and wept. 18Then his brothers came and threw themselves down before Joseph. “Look, we are your slaves!” they said.***

***19But Joseph replied, “Don’t be afraid of me. Am I God, that I can punish you? 20You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. 21No, don’t be afraid. I will continue to take care of you and your children.” So he reassured them by speaking kindly to them.***

***22So Joseph and his brothers and their families continued to live in Egypt. Joseph lived to the age of 110. 23He lived to see three generations of descendants of his son Ephraim, and he lived to see the birth of the children of Manasseh’s son Makir, whom he claimed as his own.[[16]](#footnote-16)\****

***24“Soon I will die,” Joseph told his brothers, “but God will surely come to help you and lead you out of this land of Egypt. He will bring you back to the land he solemnly promised to give to Abraham, to Isaac, and to Jacob.”***

***25Then Joseph made the sons of Israel swear an oath, and he said, “When God comes to help you and lead you back, you must take my bones with you.” 26So Joseph died at the age of 110. The Egyptians embalmed him, and his body was placed in a coffin in Egypt. [[17]](#footnote-17)***

-Joseph had a healthy soul. He was mistreated as much as anyone I have ever heard about. It didn’t stop him because he flushed it.

-Joseph named his sons in Egypt:

1-Manasseh-causing to forget…because God caused him to forget his troubles

2-Ephraim-fruitful…because God made him fruitful in the land of his grief.

-Here is a principle:

**AT EVERY STAGE OF YOUR SPIRITUAL GROWTH THERE IS A JUNCTION OF OFFENSE. IT BECOMES A STEPPING STONE OR A TOMBSTONE.**

-You choose either the road of growth or else you stop there.

-The Kingdom of God is built on relationships, and you must be offended. That is how you grow.

Matthew 18 NLT

***7“What sorrow awaits the world, because it tempts people to sin. Temptations are inevitable, but what sorrow awaits the person who does the tempting. 8So if your hand or foot causes you to sin, cut it off and throw it away. It’s better to enter eternal life with only one hand or one foot than to be thrown into eternal fire with both of your hands and feet. 9And if your eye causes you to sin, gouge it out and throw it away. It’s better to enter eternal life with only one eye than to have two eyes and be thrown into the fire of hell.[[18]](#footnote-18)\* [[19]](#footnote-19)***

NASB

STUMBLING BLOCKS

NKJV

OFFENCES (SNARES)

The original word is:

***4625. σκάνδαλον skándalon; ge[[20]](#footnote-20)n. skandálou, neut. noun. The trigger of a trap on which the bait is placed, and which, when touched by the animal, springs and causes it to close causing entrapment. The word and its deriv. belong only to biblical and ecclesiastical Gr. In the Sept. it answers to the word for pagís (3803), trap. However, pagís always refers simply to a trap hidden in an ambush and not to the results; whereas skándalon involves a reference also to the conduct of the person who is thus trapped. Skándalon always denotes an enticement to conduct which could ruin the person in question. See Sep[[21]](#footnote-21)t.: Lev. 19:14.; Josh. 23:13; 1 Sam. 18:21.[[22]](#footnote-22)***

-Your response to another person’s treatment of you will cause your growth to be accelerated or stunted.

-You can not have a prosperous soul and bitterness at the same time.

-You have to learn to FLUSH LIFE’S WASTE PRODUCTS.

-A medical doctor said that 80% of his patients were having symptoms because of unresolved conflict and turmoil.

-Christianity is not just built on creeds and doctrines.

-Jesus said it is built on love and forgiveness. In other words, your relationship with God and people.

-There are three types of offences:

* Direct-what someone did to you.
* Indirect-someone else is offended and you borrow their offence (as if you don’t have enough of your own).
* Personal-things you did that you can let go…..the inability to receive forgiveness yourself.

**AT EVERY JUNCTION YOU WILL HAVE THE OPPORTUNITY TO BE OFFENDED AND YOU WILL GROW FROM IT OR BE STUNTED BY IT. IT IS EITHER A STEPPING STONE OR A TOMBSTONE.**

-You can be offended to the degree of your insecurity.

-Your relationship with God is pegged to your ability to love and forgive others.

-What should you do?

**1-ASK GOD TO REVEAL IT…….WAIT ON THE LORD HONESTLY.**

**2-HUMBLE YOURSELF AND OWN IT…..ADMIT IT AND CONFESS IT.**

**3-DEAL WITH IT WITH THE OTHER PERSON WHEN POSSIBLE.**

**(As much as it depends on you live at peace with all men.)**

**4.DESTROY THE EVIDENCE**

Psalm 32 NLT

***1Oh, what joy for those***

***whose disobedience is forgiven,***

***whose sin is put out of sight!***

***2Yes, what joy for those***

***whose record the Lord has cleared of guilt,[[23]](#footnote-23)\****

***whose lives are lived in complete honesty!***

***3When I refused to confess my sin,***

***my body wasted away,***

***and I groaned all day long.***

***4Day and night your hand of discipline was heavy on me.***

***My strength evaporated like water in the summer heat.***

***Interlude***

***5Finally, I confessed all my sins to you***

***and stopped trying to hide my guilt. [[24]](#footnote-24)***

-God destroys the record of our offences against him.

Colossians 2 NLT

***13You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. 14He canceled the record of the charges against us and took it away by nailing it to the cross. [[25]](#footnote-25)***

-He canceled the record.

1 Corinthians 13 NLT

***4Love is patient and kind. Love is not jealous or boastful or proud 5or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.[[26]](#footnote-26)***

-Destroy the evidence you have been gathering for the court appearance.

-Throw away your file cabinet.

Ernest Hemingway-The Capital of the World

Paco, a Spanish teenager had a fight with his dad and Paco ran awy to Madrid. The father wanted to reconcile so he took a one page ad in a Madrid newspaper that said: PACO, ALL IS FORGIVEN. MEET ME AT THE CAPITAL STEPS NOON FRIDAY. I LOVE YOU, DAD.

-The story goes on to say the father went to the steps and hundreds of young men were there hoping it was written by their father.

* Recognize the truth about the offence.
* Recall what you did to others.
* Request the Holy Spirit to give you strength.
* Release the offence…..destroy the evidence.
* Renounce the lifestyle of sin and strife.
* Return to people. Engage people again knowing you will probably be offended again.

-In the Jewish tradition people were told to forgive three times. Peter wanted to impress Jesus so he said LORD, HOW MANY TIMES SHOULD I FORGIVE, SEVEN. He was probably flexing his muscles when he did this. Jesus said 70 times 7 or in other words, stop counting.

-How is your soul? What do you need to flush?

1. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Th5.23&off=23&ctx=l%E2%80%99s+Final+Greetings%0a~23%C2%A0Now+may+%E2%80%A2the+God+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-1)
2. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.3Jn2&off=0&ctx=+I+c%EF%BB%BFlove+in+truth.%0a~+2+%EF%BB%BFBeloved%2c+I+pray+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-2)
3. \* **3:8** Or *Adam*, and so throughout the chapter. [↑](#footnote-ref-3)
4. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ge3.7&off=0&ctx=and+he+ate+it%2c+too.+~7%C2%A0At+that+moment+the). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-4)
5. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Eph3.16&off=0&ctx=aven+and+on+earth.*+~16%C2%A0I+pray+that+from+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-5)
6. \* **8:2a** Greek *the law*; also in 8:2b. [↑](#footnote-ref-6)
7. \* **8:2b** Some manuscripts read *me*. [↑](#footnote-ref-7)
8. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ro7.24&off=0&ctx=is+still+within+me.+~24%C2%A0Oh%2c+what+a+misera). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-8)
9. \* **4:19** Greek *We love*. Other manuscripts read *We love God*; still others read *We love him*. [↑](#footnote-ref-9)
10. \* **4:20** Greek *hates his brother*. [↑](#footnote-ref-10)
11. \* **4:21** Greek *The one who loves God must also love his brother*. [↑](#footnote-ref-11)
12. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Jn4.15&off=97&ctx=d+they+live+in+%E2%80%A2God.~+16%C2%A0%E2%80%A2We+know+how+muc). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-12)
13. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Heb12.15&off=0&ctx=l+not+see+the+Lord.+~15%C2%A0Look+after+each+o). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-13)
14. \* **11:25** Some manuscripts add verse 26, *But if you refuse to forgive, your Father in heaven will not forgive your sins*. Compare Matt 6:15. [↑](#footnote-ref-14)
15. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Mk11.25&off=0&ctx=+%E2%80%A2it+will+be+yours.+~25%C2%A0But+when+you+are+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-15)
16. \* **50:23** Hebrew *who were born on Joseph’s knees*. [↑](#footnote-ref-16)
17. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ge50.14&off=30&ctx=ssures+His+Brothers%0a~14%C2%A0After+burying%E2%80%A2%E2%80%A2+J). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-17)
18. \* **18:9** Greek *the Gehenna of fire*. [↑](#footnote-ref-18)
19. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Mt18.7&off=0&ctx=depths+of+the+sea.+%0a~7%C2%A0%E2%80%9CWhat+sorrow+await). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-19)
20. gen (genitive) [↑](#footnote-ref-20)
21. Sept (Septuagint) [↑](#footnote-ref-21)
22. Zodhiates, Spiros. [*The complete word study dictionary: New Testament*](https://ref.ly/logosres/wsntdict?ref=GreekStrongs.4625&off=1&ctx=+%0a~4625.+%CF%83%CE%BA%CE%B1%CC%81%CE%BD%CE%B4%CE%B1%CE%BB%CE%BF%CE%BD+ska%CC%81ndalon%3b+gen.+skan) 2000: n. pag. Print. [↑](#footnote-ref-22)
23. \* **32:2** Greek version reads *of sin*. Compare Rom 4:7. [↑](#footnote-ref-23)
24. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps32.1&off=0&ctx=A+psalm*+of+David.+%0a~1%C2%A0Oh%2c+what+joy+for+t). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-24)
25. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Col2.13&off=0&ctx=ist+from+the+dead.+%0a~13%C2%A0%E2%80%A2You+were+dead+be). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-25)
26. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Co13.4&off=0&ctx=ve+gained+nothing.+%0a~4%C2%A0%E2%80%A2Love+is+patient+a). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-26)