**How is Your Soul? #3**

**(Summer of Freedom)**

**June 26th, 2022**

**VIDEO INTRODUCTION-TRAVEL LIGHT (SERMON SPICE)**

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 cannot 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
***And what do you benefit if you gain the whole world but lose your own 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.”**

**TRAVELING LIGHT/LOSING THE BAGGAGE**

Matthew 11 NLT

***28Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30For my yoke is easy to bear, and the burden I give you is light.” [[5]](#footnote-5)***

* If you are carrying a heavy load and are overwhelmed….Jesus said COME HERE.
* A yoke harnessed two animals together. The stronger animal got the heavy end. If you studied with a Rabbi it was called “taking up their yoke”.
* The idea was: YOU ARE NOT IN THIS ALONE. Don’t retreat and hide….come out into the open.
* Our help would be the result of Jesus’ character….he is humble and gentle. He doesn’t drive us, he leads us.
* The result would be REST FOR OUR SOULS.

The concept of entering into God’s rest comes from [Hebrews 3—4](https://biblia.com/bible/esv/Heb%203%E2%80%944). What is this “rest” the Hebrew writer is talking about? How do we enter it? And how do we fail to enter it? The writer to the Hebrews begins his discussion of God’s rest in chapter 3, where he references the [Israelites wandering in the desert](https://www.gotquestions.org/wilderness-wandering.html). In giving them the land of Canaan, God had promised them that He would go before them and defeat all their enemies in order that they could live securely ([Deuteronomy 12:9–10](https://biblia.com/bible/esv/Deut%2012.9%E2%80%9310)). All that was required of them was to fully trust in Him and His promises. However, they refused to obey Him. Instead, they murmured against Him, even yearning to go back to their bondage under the Egyptians ([Exodus 16:3](https://biblia.com/bible/esv/Exod%2016.3); [17:1–7](https://biblia.com/bible/esv/Exodus%2017.1%E2%80%937); [Numbers 20:3–13](https://biblia.com/bible/esv/Num%2020.3%E2%80%9313)).

God’s rest, then, is in the spiritual realm, the rest of salvation. Faith, the author goes on to assert, is the key to entering God’s rest. The Hebrews had had the gospel preached to them, just as the Israelites knew the truth about God, but the messages were of “no value to them, because those who heard did not combine it with faith” ([Hebrews 4:2](https://biblia.com/bible/esv/Heb%204.2)).

Hebrews 3 NLT

***God’s promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. 2For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn’t share the faith of those who listened to God.[[6]](#footnote-6)\* 3For only we who believe can enter his rest.[[7]](#footnote-7)***

1. **PUT DOWN YOUR YOKE. YOU HAVE TO TRADE.**

-The first step to receiving peace is to realize your limitations.

-You are not going to be able to do this alone.

-Our American independent spirit sometimes drives us to MAKE IT HAPPEN.

-Admitting your limitations is a huge first step.

-Come to the end of yourself.

-The Bible says to CAST or THROW off the limitations.

1 Peter 5 NLT

**7Give all your worries and cares to God, for he cares about you. [[8]](#footnote-8)**

NASB

 **7casting all your [[9]](#footnote-9)aanxiety on Him, because He cares for you.[[10]](#footnote-10)**

-Identify your impossibles!

-My parents did this with me…..they gave up trying to fix me….Thank God.

-What are you trying to change that you need to admit your powerlessness over it?

-Alcoholics Anonymous’ first step of the 12 steps is: **you must admit defeat, become powerless,**

-God bless them but they would say, you have a disease beyond your control.

-I would say you are a fallen human and have a sin beyond your control.

-You can’t repent of a disease. You have to live with it.

-The good news is because of Jesus, you can be free….whatever it is.

-What have you been praying for or struggling with that you need to come clean about and drop it?

1. **PICK UP JESUS’ YOKE.**

-How do you do that?

***3For only we who believe can enter his rest.[[11]](#footnote-11)***

-It is spiritual. You enter his rest by faith.

-I told a story at communion Wednesday night (that I heard from someone else).

John 7 NLT

***37On the last day, the climax of the festival, Jesus stood and shouted to the crowds, “Anyone who is thirsty may come to me! 38Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’ ”[[12]](#footnote-12)\* 39(When he said “living water,” he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given,[[13]](#footnote-13)\* because Jesus had not yet entered into his glory.) [[14]](#footnote-14)***

-We need to have faith in the power of the Holy Spirit to do what we can’t.

-J.S. flowing in the river versus paddling in the dry riverbed.

-We paddle away but we can get into the river and let the river do the work.

-Trust the power of the Spirit.

-In Luke 4 Jesus was LED BY THE SPIRIT into the wilderness but he returned IN THE POWER OF THE SPIRIT.

-We need the Holy Spirit, but we need to HAVE FAITH IN HIS POWER.

**Moses’ mother had a little baby and she tried everything to save him from the Egyptian Pharoah. She came to the end of all she could do so she put him in a basket and placed him in the river. She was at the end of herself. The story goes that Pharoah’s daughter saw him and raised him after paying his real mom to nurse him. WOW!**

-I put 10 baskets in the river this week.

-What baskets do you need to put in the river?

**-It is faith over struggle and hope over fear and grace over willpower.**

1. **TAKE OFF THE GRAVECLOTHES.**

-What remnants and residue from your old life is trying to hang around and influence you?

-Kick them out.

John 11 NLT

***39“Roll the stone aside,” Jesus told them.***

***But Martha, the dead man’s sister, protested, “Lord, he has been dead for four days. The smell will be terrible.”***

***40Jesus responded, “Didn’t I tell you that you would see God’s glory if you believe?” 41So they rolled the stone aside. Then Jesus looked up to heaven and said, “Father, thank you for hearing me. 42You always hear me, but I said it out loud for the sake of all these people standing here, so that they will believe you sent me.” 43Then Jesus shouted, “Lazarus, come out!” 44And the dead man came out, his hands and feet bound in graveclothes, his face wrapped in a headcloth. Jesus told them, “Unwrap him and let him go!” [[15]](#footnote-15)***

-After he had been raised from the dead….he still had graveclothes on.

-I picture him walking like a mummy or a zombie towards Jesus.

-Jesus said UNWRAP HIM. He was wearing graveclothes.

-He was carrying the remnants of death.

-He smelled like death…….he looked like death.

-Even though he was raised from the dead you couldn’t see any outer difference…..just a man struggling to walk.

-That is a picture of so many Christians….they are raised to new life in Christ but still wearing GRAVECLOTHES.

-I looked up the original and it means BINDING MATERIAL.

-What binding material is still in your life?

-What is baggage? What are graveclothes?

* **Fear**
* Insecurity
* Shame
* Bitterness
* Rejection
* Habits/sins
* Attitudes

-How do we put off those graveclothes?

-We do it by putting on our new self or putting on our NEW SOUL.

-You are alive now….you must think and act like it.

-You put off the old man and put on the new man by CHANGING CLOTHES.

-Have you ever been rained on or spilled something on your clothes and couldn’t wait to get them off and clean dry ones on?

-That is the picture the Bible uses for:

PUTTING ON YOUR NEW SELF OR PUTTING ON YOUR NEW SOUL.

Colossians 3 NLT

***Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. 2Think about the things of heaven, not the things of earth. 3For you died to this life, and your real life is hidden with Christ in God. 4And when Christ, who is your[[16]](#footnote-16)\* life, is revealed to the whole world, you will share in all his glory.***

***5So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don’t be greedy, for a greedy person is an idolater, worshiping the things of this world. 6Because of these sins, the anger of God is coming.[[17]](#footnote-17)\* 7You used to do these things when your life was still part of this world. 8But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. 9Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. 10Put on your new nature, and be renewed as you learn to know your Creator and become like him. 11In this new life, it doesn’t matter if you are a Jew or a Gentile,[[18]](#footnote-18)\* circumcised or uncircumcised, barbaric, uncivilized,[[19]](#footnote-19)\* slave, or free. Christ is all that matters, and he lives in all of us.***

***12Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. [[20]](#footnote-20)***

-What shall I wear today?

Ephesians 4 NLT

17With the Lord’s authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. 18Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. 19They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

20But that isn’t what you learned about Christ. 21Since you have heard about Jesus and have learned the truth that comes from him, 22throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23Instead, let the Spirit renew your thoughts and attitudes. 24Put on your new nature, created to be like God—truly righteous and holy.

25So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26And “don’t sin by letting anger control you.”[[21]](#footnote-21)\* Don’t let the sun go down while you are still angry, 27for anger gives a foothold to the devil.

28If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own,[[22]](#footnote-22)\* guaranteeing that you will be saved on the day of redemption.

31Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. [[23]](#footnote-23)

* **IDENTIFY EACH PIECE OF CLOTHING YOU ARE WEARING. WHICH LIFE IS IT FROM?**

-Go through the Scriptures daily and you will see that God is very clear about whether something is from the new life or the old.

-He tells us to PUT OFF or STRIP OFF things like:

* Lies
* Anger
* Bitterness
* Slander
* Guilt
* Fear

-Those are grave clothes. That is baggage.

-He then tells us which clothing is acceptable:

* Truth
* Forgiveness
* Love
* Kindness
* Etc.

-Make sure you discern the difference.

-Get past the confusion of the source of things in your life.

-Trade up….put off the old by putting on the new.

* **IF YOU WANT TO HAVE A NEW SOUL, FOCUS ON JESUS.**

-Sin makes us self-conscience and ashamed.

-When Adam and Eve sinned, they noticed they were naked….they became self-conscience because of sin. It drove them to hide and be ashamed.

-The new testament tells us to FIX OUR EYES or FOCUS on Jesus.

-Why?

-Looking at yourself doesn’t change you.

-Focusing on Jesus

2 Corinthians 3-4 NLT

 ***17For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. 18So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.***

Chapter 4

***Therefore, since God in his mercy has given us this new way,[[24]](#footnote-24)\* we never give up. 2We reject all shameful deeds and underhanded methods. We don’t try to trick anyone or distort the word of God. We tell the truth before God, and all who are honest know this.***

***3If the Good News we preach is hidden behind a veil, it is hidden only from people who are perishing. 4Satan, who is the god of this world, has blinded the minds of those who don’t believe. They are unable to see the glorious light of the Good News. They don’t understand this message about the glory of Christ, who is the exact likeness of God.***

***5You see, we don’t go around preaching about ourselves. We preach that Jesus Christ is Lord, and we ourselves are your servants for Jesus’ sake. 6For God, who said, “Let there be light in the darkness,” has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ.***

***7We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure.[[25]](#footnote-25)\* This makes it clear that our great power is from God, not from ourselves. [[26]](#footnote-26)***

-Your life is hidden with Christ in God.

-Only as a by-product of seeing the truth about Him can we see the truth about ourselves.

-As we behold him, we are changed….the old clothes go off….the new clothes come on.

-Our outer life and soul begin to match the truth of who we are in Christ.

CHANGE CLOTHES/DROP THE BAGGAGE.

DRESS TO MATCH THE NEW YOU.

John 14 NLT

***27“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.[[27]](#footnote-27)***

-I believe this a season of the Lord to address some deep things in your life so we can experience a level of freedom from guilt and shame.

Psalm 119 NIV 84

***I run in the path of your commands,***

***for you have set my heart free. [[28]](#footnote-28)***

-You are free in your spirit…..let it spread to your soul.

PRAY FOR ONE ANOTHER.

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.Mt11.28&off=0&ctx=es+to+reveal+him.%E2%80%9D+%0a~28%C2%A0Then+Jesus+said%2c+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-5)
6. \* **4:2** Some manuscripts read *they didn’t combine what they heard with faith*. [↑](#footnote-ref-6)
7. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Heb4.1&off=31&ctx=st+for+God%E2%80%99s+People%0a~God%E2%80%99s+promise+of+ent). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-7)
8. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Pe5.6&off=106&ctx=ift+you+up+in+honor.~+7%C2%A0Give+all+your+%E2%80%A2wo). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-8)
9. a Ps 55:22; Matt 6:25 [↑](#footnote-ref-9)
10. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.1Pe5.7&off=0&ctx=at+the+proper+time%2c%0a~+7+casting+all+your+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-10)
11. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Heb4.1&off=31&ctx=st+for+God%E2%80%99s+People%0a~God%E2%80%99s+promise+of+ent). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-11)
12. \* **7:37–38** Or *“Let anyone who is thirsty come to me and drink*. 38*For the Scriptures declare, ‘Rivers of living water will flow from the heart of anyone who believes in me.’ ”* [↑](#footnote-ref-12)
13. \* **7:39** Several early manuscripts read *But as yet there was no Spirit*. Still others read *But as yet there was no Holy Spirit*. [↑](#footnote-ref-13)
14. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Jn7.37&off=28&ctx=omises+Living+Water%0a~37%C2%A0%E2%80%A2On+the+last+day%2c). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-14)
15. Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Jn 11:39–44). Carol Stream, IL: Tyndale House Publishers. [↑](#footnote-ref-15)
16. \* **3:4** Some manuscripts read *our*. [↑](#footnote-ref-16)
17. \* **3:6** Some manuscripts read *is coming on all who disobey him*. [↑](#footnote-ref-17)
18. \* **3:11a** Greek *a Greek*. [↑](#footnote-ref-18)
19. \* **3:11b** Greek *Barbarian, Scythian*. [↑](#footnote-ref-19)
20. Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Col 3:1–15). Carol Stream, IL: Tyndale House Publishers. [↑](#footnote-ref-20)
21. \* **4:26** Ps 4:4. [↑](#footnote-ref-21)
22. \* **4:30** Or *has put his seal on you*. [↑](#footnote-ref-22)
23. Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Eph 4:17–32). Carol Stream, IL: Tyndale House Publishers. [↑](#footnote-ref-23)
24. \* **4:1** Or *ministry*. [↑](#footnote-ref-24)
25. \* **4:7** Greek *We now have this treasure in clay jars*. [↑](#footnote-ref-25)
26. Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (2 Co 3:16–4:7). Carol Stream, IL: Tyndale House Publishers. [↑](#footnote-ref-26)
27. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Jn14.27&off=0&ctx=+%E2%80%A2I+have+told+you.+%0a~27%C2%A0%E2%80%9C%E2%80%A2I+am+leaving+yo). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-27)
28. *The Holy Bible: New International Version*. (1984). (Ps 119:32). Grand Rapids, MI: Zondervan. [↑](#footnote-ref-28)