

*SPIRITUAL
HEALTH*

by

Rev. Dr. Diana DeWitt

EXODUS 3:1-5



SPIRITUAL HEALTH



STEPS ON OUR JOURNEY TOWARD SPIRITUAL HEALTH

- *Recognizing the lies that have shaped my life.*
- *Reclaiming the truth of who I am in Christ.*
- *Reestablishing set points for spiritual health.*
- *Reigniting a fresh fire filled with expectation.*

FOUR LIES THAT CAN SHAPE OUR LIVES

- *The Performance Trap*
- *The Approval Addiction*
- *The Blame Game*
- *The Shame Trap*

LIE #1

THE PERFORMANCE TRAP

“I must meet certain standards in order to feel good about myself.”

Signposts:

- fear of failure, perfectionism, procrastination, driven to achieve, manipulation, avoidance

LIE #2

THE APPROVAL ADDICTION

“I must be approved of or accepted by certain others to feel good about myself.”

Signposts:

people pleasing, co-dependency, fear of rejection, being overly sensitive, need to please others at any cost, defensive, withdrawing from people

LIE #3

THE BLAME GAME

“Since I have failed, I am unworthy of love and deserve to be punished.”

Signposts:

live in fear of punishment, blame others for personal failures, run from God and others, avoid new opportunities and inflict self-punishment.

LIE #4

THE SHAME TRAP

“I don’t just make mistakes, I am a mistake. I don’t deserve to be loved or accepted.”

Signposts:

deep feelings of shame, inferiority, hopelessness, passivity, loss of creativity, withdrawal from relationships.

RECLAIMING THE TRUTH OF WHO I AM IN CHRIST.

“Understanding your identity in Christ is absolutely essential for your success at living a victorious Christian life!”

Dr. Neil Anderson

RECLAIMING THE TRUTH OF WHO I AM IN CHRIST.

Satan's Lie

- *You are a sinner because you sin.*
- *Your identity comes from what you have done.*
- *Your identity comes from what people say about you.*
- *Your behavior tells you what to believe about yourself.*

God's Truth

- *You are a saint (one declared righteous by God) who sins.*
- *Your identity comes from what God has done for you.*
- *Your identity comes from what God says about you.*
- *Your belief about yourself determines your behavior.*

PSALM 139

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain... For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

ISAIAH 54:4

- *Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.*

ISAIAH 61:7

Instead of your shame, you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.

REESTABLISHING SET POINTS FOR SPIRITUAL HEALTH

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls.

Matthew 11:28-29

The Tabernacle Model



THE WILD GOOSE

“Celtic Christians had a name for the Holy Spirit, ‘An Geadh-GLas,’ or the ‘Wild Goose.’ Much like a wild goose, the Spirit of God cannot be tracked or tamed. An element of danger and an air of unpredictability surround Him.”

From “Wild Goose Chase” by Mark Batterson

AN EPIPHANY

THE MOMENT WHEN GOD UNEXPECTEDLY
AND UNFORGETTABLY INVADES THE
MONOTONY OF YOUR LIFE

“The Celtic Christians referred to these kinds of moments-moments when heaven and earth seem to touch- as thin places. Natural and supernatural worlds collide. Creation meets Creator. Sin meets grace. Routine meets the Wild Goose.”

Mark Batterson

REVIEW OF STEPS ON OUR JOURNEY
TOWARD SPIRITUAL HEALTH

Recognizing the lies that have shaped my life.

Reclaiming the truth of who I am in Christ.

Reestablishing set points for spiritual health.

Reigniting a fresh fire filled with holy expectation.

PRAYER

Come , Holy Spirit, Come!