

SERMON NOTES

January 20 & 21, 2024

Commit: Health

Mark 12:28-31

1. Love God with all my strength: _____.

1 Corinthians 6:19-20

2. Love God with all my mind: _____.

Romans 12:2a

a. **Conform:** the act of matching attitudes, beliefs, and behaviors to group norms, politics or being like-minded.

b. **Transform:** make a thorough or dramatic change in the form, appearance, or character.

3. Love God with all my soul: _____.

Psalms 139:14

Life Steps

Commit: Health | January 20 & 21, 2024

Monday:

Mark 12:28-34

Reflect: Jesus and the scribe both agree that loving God and neighbor surpasses all other sacrifices and religious rituals. Is there a religious practice, sacrifice, or ritual that you sometimes place too high on the priority list? Write it down and ask God to help you move past it.

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Tuesday:

1 Corinthians 6:12-20

Reflect: Paul says that our bodies are temples, that anything done with and through them that is not of God is a sin against your own body. What is the biggest struggle for you in considering your physical worship of God?

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Wednesday:

Romans 12:1

Reflect: Based on how you answered Tuesday's question, what step can you take closer to God today to help remove this barrier to your physical worship of God?

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Thursday:

Romans 12:2

Reflect: There are many voices in our world that can influence our minds. Name one voice that you listen to that may not be the best influence on your mind.

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Friday:

Psalms 139:1-12

Reflect: Before the voices of your day have a chance to conform your mind, sit with this passage. Read it again, slowly. Allow God's voice to begin your renewal today.

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Saturday:

Psalms 139:13-16

Reflect: The One who created all things took time to create you. God loves you.

Remember this anytime you hear a voice today that makes you think otherwise.

Pray: God, today I renew my commitment to make my life a living sacrifice to You.

Sunday:

Psalms 138

Reflect: As you prepare for worship today, come with a new sense of celebration for how God has renewed all of who you are this week. Worship God today with every fiber of who you are!

Pray: God, today I renew my commitment to make my life a living sacrifice to You.