



SERMON NOTES:

Rejoice in our confident hope. Be patient in trouble, and keep on praying.

– **Romans 12:12 (NLT)**

Like a muddied spring or a polluted well are the righteous who give way to the wicked.

– **Proverbs 25:26 (NIV)**

Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

– **Proverbs 3:5-6 (NKJV)**

God will not remove junk from your life that you're content to live with.

Life is about choices.

Who you are today is a result of the choices you've made.

Excuses always lead to problems and never solutions.

You make the choices that keep you where you are or propel you to where God has called you to.

Recognize you are your own worst enemy.

You are what you eat!

Hope City

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death?

— **Romans 7:21-25 (NIV)**

I am a spirit, I have a soul, I live in a body.

The only thing that gets saved and perfected at salvation is your spirit.

That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

— **John 3:6 (NKJV)**

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

— **Galatians 5:16 (NKJV)**

Control your cravings

1. Avoid your triggers

What happens TO you is a direct response to what is happening IN you.

Don't just ask: "Is this a sin?" Ask: "Is this a seed?"

Good things have to be planted. Bad things don't, they just grow naturally.

Some of us have a spiritual eating disorder.

2. Offer an alternative

Prayer is not an option, it's a necessity.

Hope City

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

— **Proverbs 3:5-6 (NKJV)**

DISCUSSION GUIDE:

1. You are the most toxic person that you know... Take some time and reflect on what areas of your life are toxic.
2. Who you are today is a result of the choices you've made. In what ways have you been excusing your past decisions? How do you need to change the choices you make in the future?
3. If the greatest gift you can give the people around you is a healthy you, in ways do you need to get healthy?
4. You are what you eat, so what are you eating? Do you need to change your spiritual diet? How?
5. How do you need to start trusting God with your heart, head and hopes?