

## **TAKING RADICAL RESPONSIBILITY LIKE CHRIST DID**

*“For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad.”*  
2 Corinthians 5:10

*“For each one should carry their own load.”* Galatians 6:5

### **Responsibility For Our Spiritual Health**

*“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”* Colossians 3:16

### **Responsibility For Our Physical Health**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own”* 1 Corinthians 6:19

### **Responsibility For Our Mental & Emotional Health**

#### **1- IT IS OK TO STRUGGLE**

*“I cry aloud to God that he may hear me. In the day of my trouble, I seek the Lord. In the night, my hand is stretched out without wearing. My soul refuses to be comforted. I think of God and I moan; I meditate and my spirit faints”*  
Psalm 77:1-3

#### **2- IT IS OK TO FEEL (Angry, Sad, Frustrated, Scared)**

*“I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me...Dogs surround me...”* Psalm 22:14-16

#### **3- IT IS OK TO SCREAM**

*“How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?”* Psalm 13:1-2

### **Responsibility For Our Relationships**

*“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”*  
Matthew 5:23-24

### **WE CAN NOT CHANGE OTHER PEOPLE!**

*“I do not understand what I do. For what I want to do I do not do, but what I hate I do.”* Romans 7:15

### **Responsibility For Financial Health**

*“Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever.”* 1 Timothy 5:8

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Next Sunday:

**WHAT IT MEANS TO FOLLOW JESUS**

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