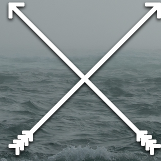


LAW OF THE LEVER

SPIRITUAL DISCIPLINES FOR LIFE



SERMON OUTLINE

Sunday Jan 21st, 2018

Pastor David Cooke

• Your Daily Spiritual Lever

READ - THINK - PRAY - BREATHE - **MOVE**

• **MOVE**

i) Loving God With All Of You

ii) The #1 Thing For Emotional Well-being

iii) Start _____

iv) Have A _____

v) Just _____

(1 Corinthians 9:24-27, ESV)

(1 Timothy 4:7-8, ESV)



COLDSPRINGS
CHURCH

Toolkit - Spiritual Leverage
Your Body - Move It!

- Your Daily Spiritual Lever

READ - THINK - PRAY - BREATHE - MOVE - **CONNECT**

- **CONNECT**

- i) Loneliness Is Killing Us

- ii) Be a friend

- a) Create _____

- b) Be _____

- c) Be _____

- Have a friend

- Take The Risk

"I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you. For I have no one like him, who will be genuinely concerned for your welfare. For they all seek their own interests, not those of Jesus Christ." (Philippians 2:19-21, ESV)

- Toolkit - Spiritual Leverage

- a) Life Groups

- b) Meaningful Spiritual Conversations

- What's The Point?

- Abiding In Jesus

- John 15:1-17 (ESV)



- Living From The Overflow

- i) A Confession

- ii) You Are Not Enough. Jesus Is.

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5, ESV)

- Transformation Is An Act of Love

- i) God Loves Us

"As the Father has loved me, so have I loved you. Abide in my love." (John 15:9, ESV)

- ii) Our Life Is The Pursuit of Loving God

- Practice Practice Practice

- READ

- THINK

- PRAY

- BREATHE

- MOVE

- CONNECT

- You Are A Work In Progress

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." (Philippians 1:6, ESV)

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5, ESV)

Answers: small, goal, do it, margin, intentional, available



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CHURCH

DEVOTIONAL

SETTING IT UP

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man (or woman) of God may be complete, equipped for every good work." (2 Timothy 3:16-17, ESV)

Ask yourselves the following questions as you read this week's Bible passages. How is God: 1) teaching me something? 2) telling me to stop doing something I am doing?

3) correcting some wrong thinking or behavior? 4) preparing me to live more effectively for him?

DIGGING DEEPER

1. Looking back at your notes from this week's teaching, what particularly caught your attention, encouraged, challenged or confused you?
2. What makes the above response important to you?
3. Is there something in this sermon and/or biblical passages that surprised you? If so, how were you surprised?
4. What helped you see more of Jesus and his cross, or moved you to love him more?

TAKING IT HOME

5. Looking back over this week's sermon and study guide, what's the most important thing for you to remember and put into action?
6. We multiply the riches when we read and share the Bible together. How can you share the joy, peace, and conviction you've been given by God with others?
7. At Cold Spring Church we talk about our "One More..." that person, who may be far from God, whom He has placed in our life to pray for, care for and share with. What can you do this week for this particular person in your life?

