

**TRANSFORMING MY SPIRITUAL HEALTH**  
**7 HABITS TO TRANSFORM MY SPIRITUAL HEALTH**



1. I MUST \_\_\_\_\_ SUPREMEPLY.

*“If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters — yes, even their own life — such a person cannot be my disciple. Luke 14:26 (NIV)*

- Spiritual health is measured by **LOVE**.

*... “The most important commandment is this: ... you must love the Lord your God with all your heart (passionately) all your soul (voluntarily) all your mind (attentively) and all your strength (to live just as you love Him) Mark 12:29-39 (NLT).*

- You worship what you love the most.

2. I MUST \_\_\_\_\_ WITH GOD DAILY.

*Blessed are those who listen to me, watching **daily** at my doors, waiting at my doorway. Proverbs 8:34(NVI)*

- Why does God want us to spend time with Him? Because, He loves us and created us to have a relationship with Him.

3. I MUST \_\_\_\_\_ AND \_\_\_\_\_ GOD’S WORD.

*Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which **yields its fruit** in season and whose **leaf does not wither**—whatever they do prospers. Psalms 1:1-3 (NIV)*

- Yields its fruit.
- Leaf does not wither.
- Whatever they do prospers.

**4. I MUST \_\_\_\_\_ MY INCOME.**

- **What is tithing?** It is to give God what's first every day. If He gives me \$10 I will give Him \$1.
- Does God need our money? He does not need our money, He wants our heart.

*Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. **Mal. 3:10 NIV***

**5. I MUST LEARN TO \_\_\_\_\_ BELIEVERS.**

*By this everyone will know that you are my disciples, if you love one another.*

*Juan 13:35 NIV*

- Loving others proves we are disciples of Jesus.

**6. I NEED TO LEARN TO \_\_\_\_\_ UNSELFISHLY.**

- The shortest route to becoming great is the route of service.

*For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many. **Mark 10:45 NLT***

**7. I MUST PASS ON THE \_\_\_\_\_.**

- I must tell others that there is hope and a purpose for their lives.

*You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others. **2 Tim. 2:2***

<b>Answers:</b> 1. Love Jesus. 2. Meet. 3. Study and Do . 4. Tithe. 5. Love Other. 6. Serve Others. 7. Good News.
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