

INNER HEALTH

Part 3: The Attention Challenge

THE IMPORTANCE OF GOD'S WORD

- A. God's Word is essential for growth **(1 Peter 2:1-2 NKJV)**
 - 1. Eliminating the negatives and consuming what is good
- B. God's Word is essential for strength **(Acts 20:32 NKJV)**
 - 1. Build you up on the inside
- C. Jesus placed a high degree of importance on God's Word **(Matthew 4:3-4 NKJV)**
 - 1. Jesus used God's Word to counter temptation
 - 2. He had to be referring to spiritual life

ATTENTION AND FOCUS PLAY A MAJOR ROLE IN INNER HEALTH

- A. Where's your mind? **(Romans 8:5-6 NKJV)**
 - 1. Fleshly minded - the externals
 - 2. Fleshly minded - the internals
- B. Spiritually minded - producing life and peace **(Proverbs 4:20-22 NKJV)**
 - 1. God's Word is life
 - 2. God's Word is health or medicine to all our flesh
 - 3. You choose where you keep your mind
 - 4. Paying attention to God's Word
- C. Peter's example **(Matthews 14:25-32 NKJV)**
 - 1. Peter went from fear to faith
 - 2. Jesus' word gave Peter something to act upon
 - 3. Peter was doing great until
 - 4. Peter's thoughts led to fear
- D. The spiritually minded attention checklist **(Philippians 4:8-9 NKJV)**
 - 1. Start with - Is it true?