

A Healthy Me is the Key to a Healthy Us
Unpopular Opinion
February 19, 2023

- Theme: When crisis has brought us to a CROSSROAD, the wise turn in the direction OF GOD.
 - * In Chinese: Crisis is danger/opportunity

- Healthy me/ healthy we
 1. DECONSTRUCTION of the truth - Judges 21:25
 2. DISILLUSIONMENT with our lives
 - ✓ Quote: “Never has any one culture HAD so much and enjoyed so little” - Ecclesiastes 1:2 NLT
 3. DETACHMENT from others - 1 Peter 5:8 NLT, Zechariah 1:3, Job 22:23 NLT, 2 Kings 23:1-3 MSG, Deuteronomy 28:10

- Getting healthy- when we return to God.
 1. Restores our IDENTITY.
 - ✓ When we know WHO we are, we know HOW to live. - 1 Peter 2:9, 2 Kings 23:4, 10, 19a MSG

 2. Restores our PURITY - Matthew 5:8
 - ✓ Ask God to REVEAL it.
 - ✓ Be willing to REPENT of it.
 - ✓ Get to see God REDEEM it - 2 Kings 23:21-23.

 3. Restores our UNITY - John 17:22-23 MSG
 - ✓ If we RETURN, God will RESTORE.