

How to Get Healthy  
I Promise  
February 6, 2022

Theme: If you try to build intimacy with another person BEFORE you have gotten whole on your own, all your relationships become an attempt to COMPLETE yourself.

- ✓ Question: Why? No one is designed to COMPLETE you!
  - Example: Jerry Maguire and A FRAME relationship
  
- To achieve wholeness and health:
  1. Profound SIGNIFICANCE
    - God's love for us is unconditional and eternal
      - Ephesians 3:16-19 NLT
  
  2. Unswerving AUTHENTICITY
    - The trapdoor of people PLEASING
    - God given PASSIONS AND CALLING
      - Ephesians 4:1-2a NLT
  
  3. Self-giving LOVE
    - Answering the question, WHO AM I?
    - We can then focus on OTHERS with compassion and empathy - Ephesians 4:2b-3 NLT, Matthew 5:38, 41 NLT

Conclusion: Jesus said WALK THE EXTRA MILE.