

INNER HEALTH

PART 1: Our Spiritual Composition

WHAT ABOUT INNER HEALTH

- Starting on the inside (***Proverbs 18:14 AMPC***)
 1. Being strong in your spirit has a ripple effect
 2. Conversely, broken/weak spiritually has an impact
 3. Inner health will include your mind (***Romans 12:1-2 NKJV***)

THE THREE PARTS OF YOUR MAKEUP

- You are a spiritual being first (***1 Thessalonians 5:23 NKJV***)
 1. Paul's list was in the correct order
- Jesus spoke of the spiritual component of man (***John 3:3-8 NKJV***)
 1. Born again - another version reads born from above
 2. Nicodemus balked at that concept
 3. Jesus spoke of two births
 4. The spiritual birth is not visible
- Peter echoed Jesus' words (***1 Peter 1:22-25 NKJV***)
 1. Side note: You purify your souls by obeying the truth
 2. You have the capacity to love because of being born again
 3. Seed produced after its kind
 4. Flesh fades