

Lesson 7: God's Health Plan

- **3 John 2-4**
- **1 Thessalonians 5:23 = “and”**

I. Living a Holy Life

- A. 1 Thessalonians 5:5, 14 - 22
 - 1. Verse 14: Exhort = encourage, built up
 - 2. Verse 14: Comfort, Support = Colossians 2:6-10
 - 3. Verse 14: is all about the Love Walk
- B. 1 Thessalonians 5:16
 - 1. Rejoice = James 1:2
 - a. Count it all Joy **when** we fall into divers (various types) of temptations (trials & tribulations)
 - b. Various types:
 - i. Sin
 - ii. Sickness
 - iii. Lack and Poverty
 - 2. Nehemiah 8:10 — “neither be sorry, for the Joy of the Lord is your strength”
 - 3. John 15:11 — “so MY Joy may remain and your Joy will be full”
- C. 1 Thessalonians 5:17 = Pray
 - 1. Ephesians 6 — put on the WHOLE armor (prayer armor)

II. The Fullness [2019 - Our Year of Fullness]

- A. Colossians 2:6 - 10
 - 1. Verse 6 — Christ Jesus the Lord is our Fullness
 - a. Christ = Anointed One
 - b. Jesus = Our Salvation
 - c. Lord = Authority in our Lives
 - 2. Verse 7 — Romans 12:2
 - a. Rooted = Good Will of God
 - b. Built Up = Acceptable Will of God
 - c. Established = Perfect Will of God
 - 3. Verse 8 — We don't allow interference by Knowing the Truth
 - a. Psalm 92:12 - 15 is the Truth for every Believer

III. We Are to Flourish

- A. Psalm 92:12 - 15
 - 1. Flourish = to prosper in every aspect of life
 - 2. Righteousness = God's Way is the Right Way
 - a. Matthew 6:33 — God's Way of doing and His Righteousness
- B. Romans 10:1 - 4
- C. Romans 10:6
- D. Romans 10:8 - 10