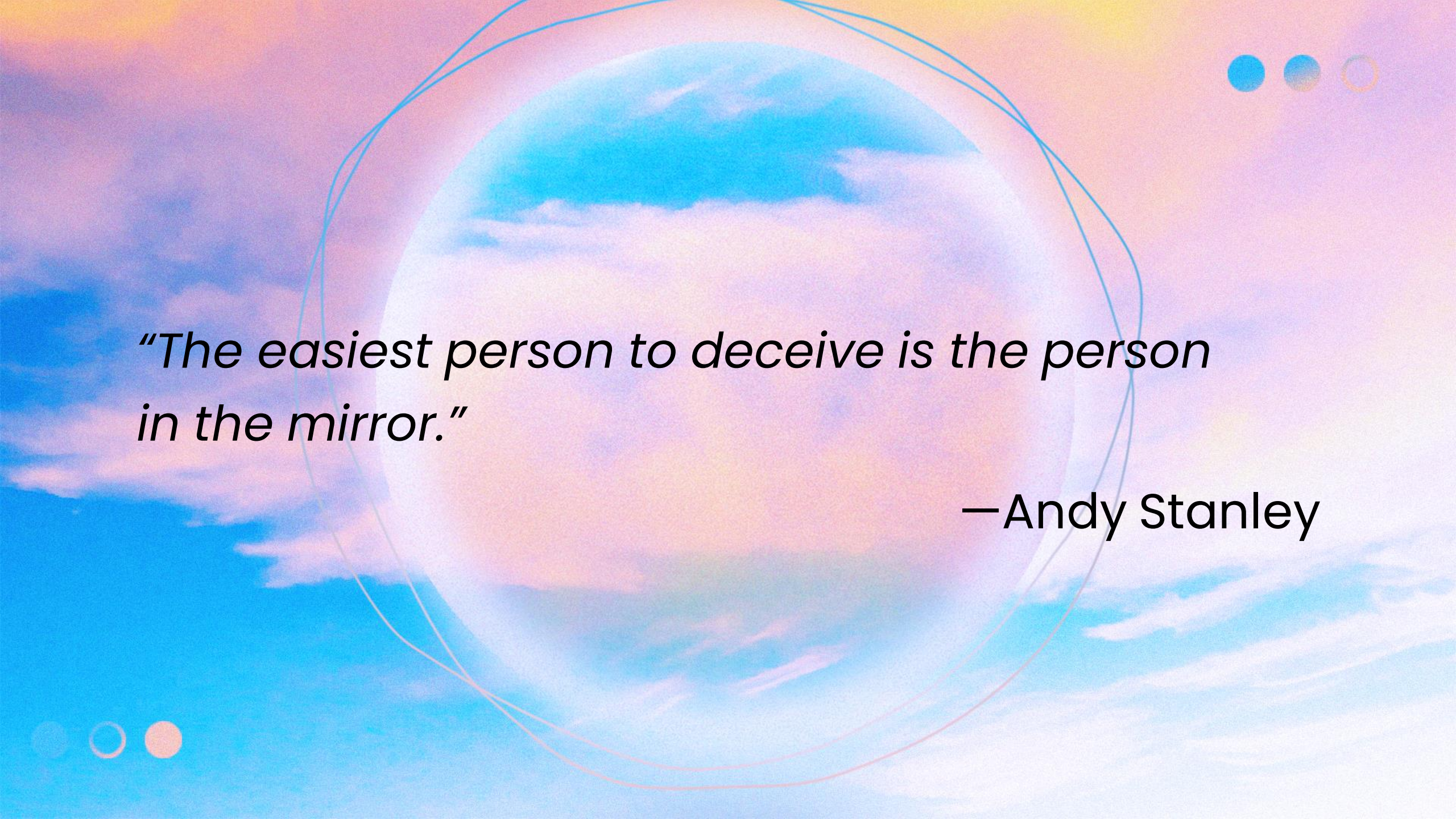




**GETTING
HEALTHY**

**STAYING
HEALTHY**



*“The easiest person to deceive is the person
in the mirror.”*

—Andy Stanley

Romans 12:1–2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

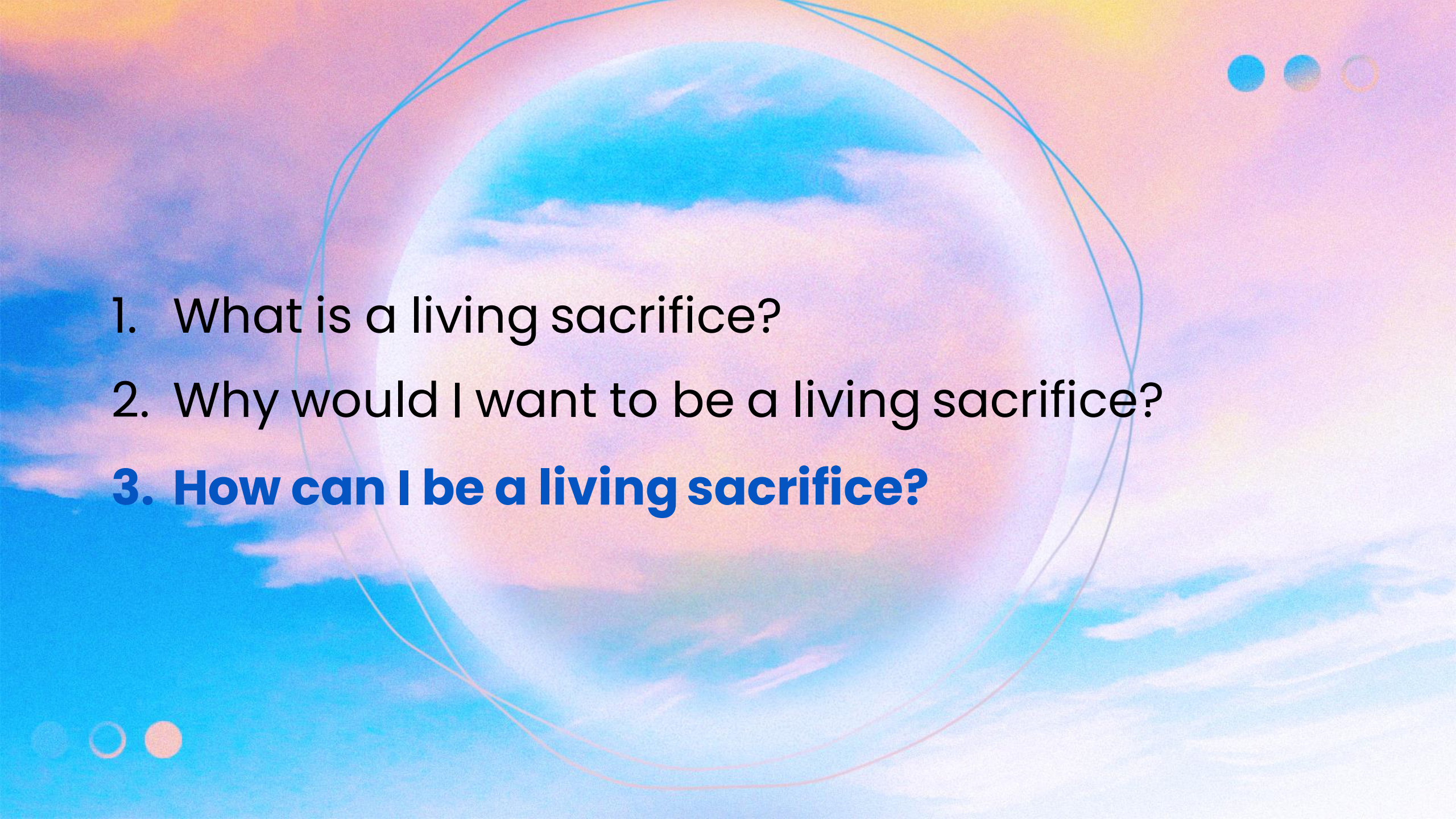


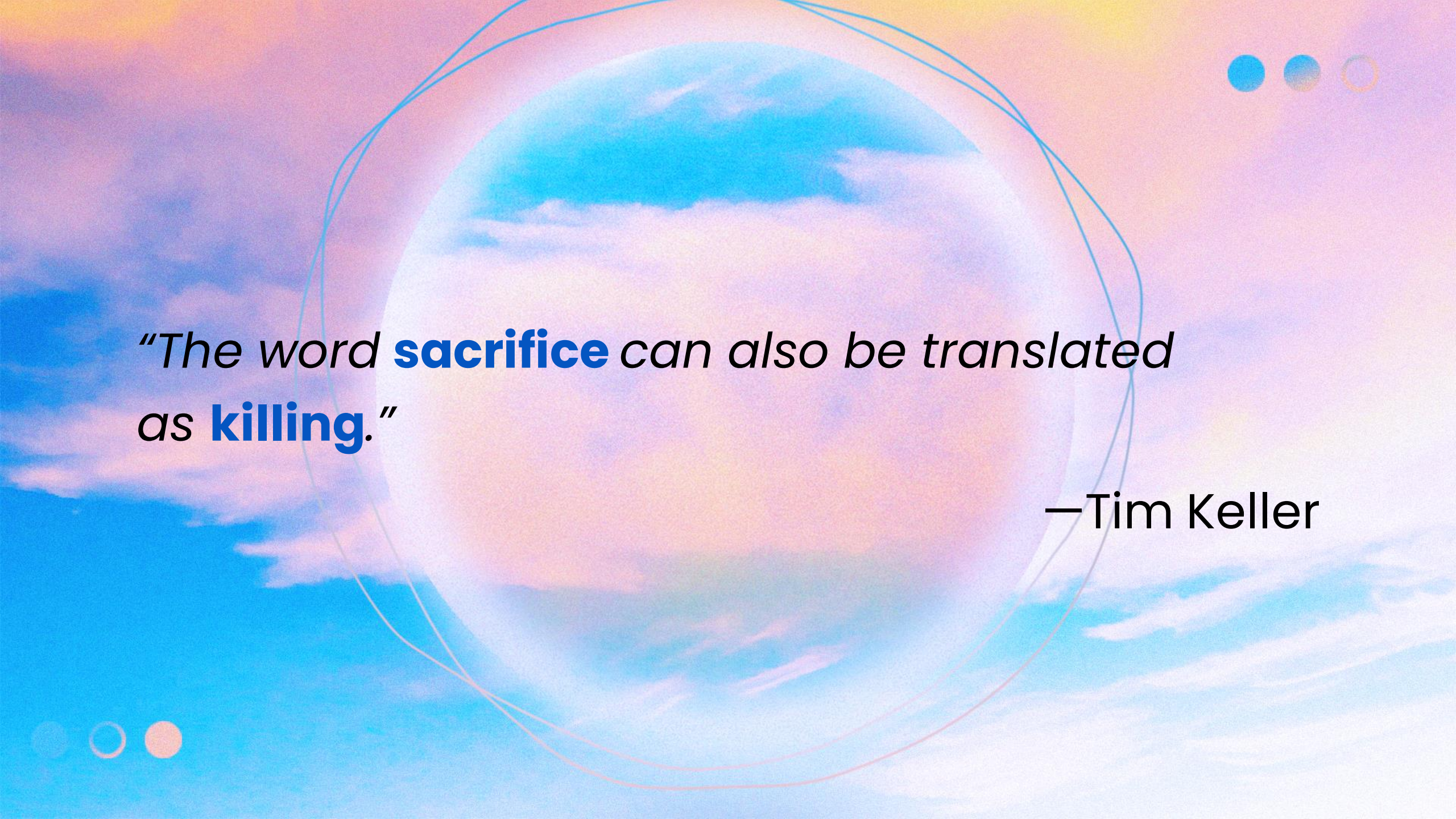
1. What is a living sacrifice?



1. What is a living sacrifice?

2. Why would I want to be a living sacrifice?

- 
1. What is a living sacrifice?
 2. Why would I want to be a living sacrifice?
 - 3. How can I be a living sacrifice?**



*“The word **sacrifice** can also be translated as **killing.**”*

—Tim Keller



WHAT IT MEANS TO BE A LIVING SACRIFICE:

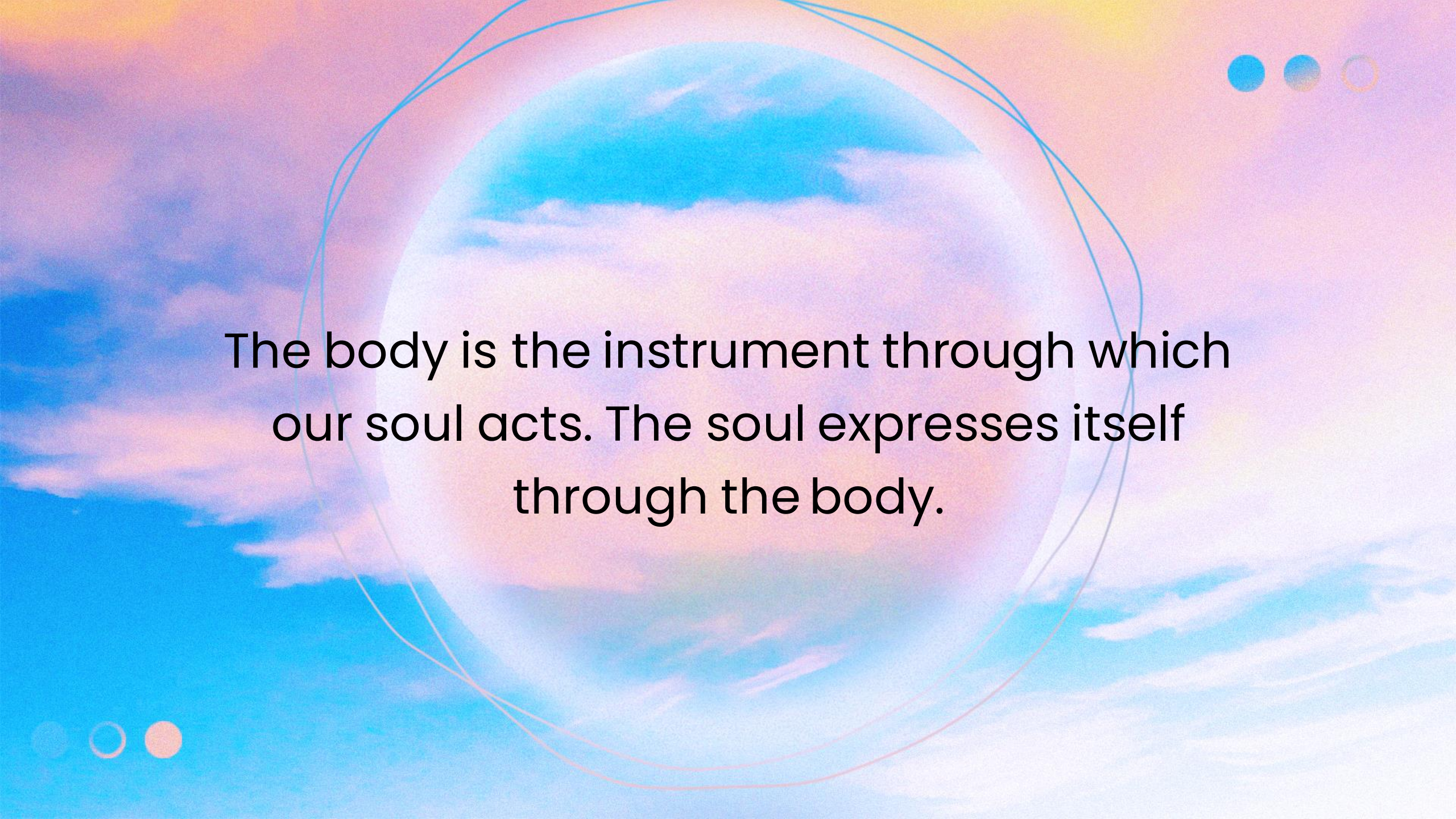
- 1. You put to death the right to live life as you choose.**

WHAT IT MEANS TO BE A LIVING SACRIFICE:

1. You put to death the right to live life as you choose.
- 2. You put to death the idea that you belong to yourself.**

WHAT IT MEANS TO BE A LIVING SACRIFICE:

1. You put to death the right to live life as you choose.
2. You put to death the idea that you belong to yourself.
- 3. You put to death the idea that you know what is best for your own life.**



The body is the instrument through which
our soul acts. The soul expresses itself
through the body.

Jeremiah 17:9–10

The heart is deceitful above all things and beyond cure.

1. Admit it.





1. Admit it.

2. Ask it.



1. Admit it.

2. Ask it.

3. Be curious.



HOW CAN I BE A LIVING SACRIFICE:

1. Take time to listen to what God wants for you.

HOW CAN I BE A LIVING SACRIFICE:

1. Take time to listen to what God wants for you.
- 2. Be in the Word. God wants to speak to you through it.**

HOW CAN I BE A LIVING SACRIFICE:

1. Take time to listen to what God wants for you.
2. Be in the Word. God wants to speak to you through it.
- 3. Pray!**

