

A Week In The Name Of Jesus Series

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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#4 – Wednesday: Self Help Day

October 15, 2006

The Need for Self Help

PHYSICAL Self Help

MENTAL Self Help

SPIRITUAL Self Help

1 Timothy 4:7,8

...train yourself to be godly. For physical training is of some value, but godliness has value for all things...

Jude 20

...build yourselves up in the most holy faith...

Jude 21

Keep yourselves in God's love...

A Half-dozen Hints For Helping Yourself Spiritually

1. Be Here Now

Phil. 3:13

Forget yesterday

Matt. 6:34

Don't worry about tomorrow

2. Mind Your Mind

Prov. 23:7

As you think – you are

Phil. 4:8

Decide to feed your mind good things

3. Adjust Your Attitude

Phil. 4:4

Choose to be happy - rejoice

Phil. 2:3-5

Humbly help others

4. Tame Your Tongue

Prov. 18:21

The tongue has the power of life and death

James 3:6

The tongue can corrupt the whole person

Eph. 4:29

Nothing negative – only helpful & encouraging

5. Select Your Friends

1 Cor. 15:33

Bad ones will bring you down

6. Turn Up The Discipline

Attendance / Participation / Fellowship / Prayer / Bible Study