

## **INNER HEALTH**

Part 4: Mind & Mouth

### **OUR FOCUS HAS IMPACT** *(Romans 8:5-6 NKJV)*

- Fleshly minded focus on externals
  1. Relationships, job, involvements
  2. Screen inputs
- Fleshly minded focus on internals
  1. Worries, dreams, and fantasies
- Spiritually minded focus on God's word ***(Proverbs 4:20-22 NKJV)***
  1. The overlay of our life is God's word
  2. Spiritually minded produces life, peace, and health
- Peter's example ***(Matthew 14:25-32 NKJV)***
  1. Peter went from fear to faith
  2. Jesus' word gave Peter something to act upon
  3. Peter was doing great until
  4. Peter's thoughts led to fear
- The spiritually minded checklist ***(Philippians 4:8-9 NKJV)***
  1. We all encounter things contrary to this list but...

### **INNER HEALTH INVOLVES PROTECTING OUR INNER LIFE** *(Proverbs 4:23-24 NKJV)*

- We know to protect our bodies
  1. Things we don't eat
  2. Things we stay away from
- One way to protect our heart is with our mouth
  1. Being spiritually minded requires a mouth connection
  2. There is more to our words than "just sayin" ***(Proverbs 18:21 NKJV)***
  3. Speak words that help ***(Ephesians 4:29-30 NKJV)*** ***(Proverbs 21:23 NKJV)***
  4. Jesus did not speak lightly about our words ***(Matthew 12:36-37 NKJV)***