

June 6, 2021  
Spiritual Wellness



### Key Scriptures

**1Ti 1:15 NASB** *Christ Jesus came into the world to save sinners, among whom I am foremost of all.*

**Mat 18:27 NASB** *"And the lord of that slave felt compassion and released him and forgave him the debt.*

**Mat 18:32-35 NASB** *"Then summoning him, his lord \*said to him, 'You wicked slave, I forgave you all that debt because you pleaded with me. (33) 'Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' (34) "And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him.*

*(35) "My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart."*

**Luk 9:55-56 NASB** *But He turned and rebuked them, and said, "You do not know what kind of spirit you are of; (56) for the Son of Man did not come to destroy men's lives, but to save them." And they went on to another village.*

**Joh 20:21-23 NASB** *So Jesus said to them again, "Peace be with you; as the Father has sent Me, I also send you." (22) And when He had said this, He breathed on them and \*said to them, "Receive the Holy Spirit. (23) "If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained."*

**Jas 3:16-17 NASB** *For where jealousy and selfish ambition exist, there is disorder and every evil thing. (17) But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.*

### The Big Point:

We pray, "on earth as it is in heaven" because we believe we have the ability to influence the earth with our affections. By that same power we have the ability to live on earth as it is in hell. When we choose to live in bitterness, judgment, and unforgiveness, we live in hell on earth. When we release these toxic emotions and choose to walk in love, we can experience heaven on earth.

### Important points from the message:

- Wellness begins with having our spirit aligned with God's Spirit.
- Surrender the right to toxic emotions.
- Make the choice to walk in love even if you don't feel like it.
- We can choose heaven or hell on earth.

### Important quote:

- *Outrage culture is the opposite of Christian culture.*
- *If you can experience Heaven before you get to heaven, you can experience hell before you get to hell.*
- *You detach from trauma by walking in forgiveness.*
- *Don't be seduced by gossip and take up someone's offense.*

### Questions that may get your group talking.

- Have you ever experienced getting offended with someone, even though it may not have directly affected you?
- Have you seen God heal a situation once you chose to forgive?
- Have you even been the unforgiving servant?

### Questions that may get your group thinking.

- Have you walked in bitterness and felt justified?
- Do you tend to operate out of fear? How can we operate more from grace and forgiveness?
- Have you ever experienced being tortured by your own toxic emotions? Did you experience freedom? Share as you feel comfortable.

### Commit to a step and live it out this week.

- Walk in radical forgiveness.
- Text GoRLC to 97000 and sign up for a ministry team.