



## **“Training My Soul For Freedom”**

**June 13, 2021**  
**Pastor Bear Clifton**

*“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”-  
1 Thessalonians 5:23*

What a Christian named George Williams did to help the world, and why it matters to us today

### **Training My Body**

1. What W.K. Kellogg might say looking at the church today
2. Why should we bother disciplining our bodies?
  - a. My body, soul and spirit are \_\_\_\_\_.
  - b. The body is the \_\_\_\_\_ to the mind, and the mind is the \_\_\_\_\_ for my soul.
  - c. In God’s eyes, the body is of \_\_\_\_\_.
3. How do we train our bodies?
  - a. Don’t neglect \_\_\_\_\_ & \_\_\_\_\_.
  - b. Allow nothing to \_\_\_\_\_.
  - c. Learn to \_\_\_\_\_.

### **Training My Mind**

1. The marvelous, majestic human brain
2. Is it possible to train the brain?
3. How do I renew my mind?
  - Put a stop to the flow of \_\_\_\_\_ that is washing into my mind.
  - Intentionally fill your mind with \_\_\_\_\_.

### **Training My Emotions**

1. I got good at racquetball for the wrong reasons.
2. How do I train my emotions?
  - Identify my emotions by doing an \_\_\_\_\_ of my heart.
  - Ask myself: \_\_\_\_\_ is this emotion here?
  - Give permission to an accountability partner, or your pastor, your spouse, a counselor, to \_\_\_\_\_.
  - Be willing to \_\_\_\_\_ to what God reveals to you.