

# Communion & Offering



*Bulking Up My Spiritual Health*  
*Defeating My Idols*

*Pastor Jeff Souders - January 26, 2025*

# **SPIRITUAL DISCIPLINES ARE OFTEN LINKED:**

Performance, Punishment, and Penance

**JESUS WANTS US TO SEE ITS ABOUT PURSUIT**

Spiritual discipline is about pursuit.

Psalm 42, “As the deer pants for...as the deer longs for streams of water, so my soul pants after you.”

An idol is anything or anyone that competes for our affection.

# Who's the hardest couple to counsel or reach?

3. The couple just blame each other for everything

2. The couple who has a third-party involved.

**adultery and idolatry;**

when we pursue someone or something before, we pursue the heart of God, it is a third-party involvement.

**Psalm 115:1** Not to us, Lord, not to us but to your name be the glory, because of your love and faithfulness.

# **SYMPTOMS THERE'S AN IDOL IN YOUR LIFE**

1. A general sense of entitlement
2. A lack of gratitude
3. You're easily offended
4. Your self-worth comes from comparisons
5. You criticize and blame
6. You're constantly anxious
7. You're defensive.

# **Psalms 115:2-4**

Why do the nations say, “Where is their God?”<sup>3</sup> Our God is in heaven; he does whatever pleases him.<sup>4</sup> But their idols are silver and gold, made by human hands.



# 5 Questions to Help

1. With what are you most disappointed in your life?
2. What do you complain about the most?
3. What do you sacrifice your time and money for?
4. What do you worry about?

Henry Blackaby “An idol is anything you turn to for help before first turning to God.”

5. What brings you the most joy?



# **Psalms 115:5-9**

<sup>5</sup> They have mouths, but cannot speak, eyes, but cannot see. <sup>7</sup> They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats <sup>8</sup> Those who make them will be like them, and so will all who trust in them. <sup>9</sup> All you Israelites, trust in the Lord—he is their help and shield.

1. The number one, most difficult couple to work with: they don't care

**Psalms 15:14-18** “May the LORD richly bless you. May the LORD richly bless both you and your children. May you be blessed by the LORD; may you be blessed by the LORD who made all of heaven and earth. The heavens belong to the LORD, but he has given earth to all humanity. The dead cannot sing praises to the LORD for they have gone into the silence of the grave. But we...we can. We can praise the LORD, both now and forever. Praise the LORD!”