

Wellness Wholeness Holiness Month
“Christ, our Cornerstone: Reality, Identity & Mental Health”
October 6, 2024

Sermon Points:

1. Holistic Well-Being

- Today’s sermon emphasizes the importance of both physical and spiritual health, as highlighted in 3 John 1:2. True health involves a harmonious balance between the well-being of the body and the soul.

2. The “Why” - Motivation of Love

- Love is presented as the foundational motive for all actions and relationships. The call to love serves as a guiding principle in pursuing both personal growth and communal connections within the faith.

3. The “Who” - Identity in Christ

- It's important to understand that while the world encourages us to prioritize “self-improvement,” our relationship with God teaches us that life is not centered on ourselves, but on God.

4. Walking in Truth

- The idea of "walking in truth" is central to the message. The sermon encourages believers to embody and live out the truth of Christ in their daily lives, reflecting on their relationships and beliefs as guided by Ephesians 4:20-24.

Personal Notes
