

**Title : 2020 QUESTIONS**

**Pastor : Heinrich Titus**

**Date : 19 January 2020**

**Time : 9:00am**



## **FEELING STRESSED IS NOT A SIN**

**Psalm 42:5 (NKJV)** Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *For* the help of His countenance.

## **GOD DESIRES ALL NATIONS & GENERATIONS TO KNOW HIS LOVE AND ETERNAL LIFE**

**JOHN 3:16** For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

## **A TIMELESS QUESTION & A TIMELESS ANSWER**

**MARK 12:28-34 (NKJV)** Then one of the scribes came, and having heard them reasoning together, perceiving that He had answered them well, asked Him, “Which is the first commandment of all?” <sup>29</sup> Jesus answered him, “The first of all the commandments is: ‘Hear, O Israel, the Lord our God, the Lord is one. <sup>30</sup> And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This *is* the first commandment. <sup>31</sup> And the second, like *it*, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” <sup>32</sup> So the scribe said to Him, “Well *said*, Teacher. You have spoken the truth, for there is one God, and there is no other but He. <sup>33</sup> And to love Him with all the heart, with all the understanding, with all the soul, and with all the strength, and to love one’s neighbor as oneself, is more than all the whole burnt offerings and sacrifices.” <sup>34</sup> Now when Jesus saw that he answered wisely, He said to him, “You are not far from the kingdom of God.”

But after that no one dared question Him.

**Jeremiah 2:13 (NLT)** For my people have committed two evil things: They have abandoned me – the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!

## **Trust Him with all you are**

**1 THESSALONIANS 5:23-24 (TPT)** <sup>23</sup> Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body—be kept completely flawless in the appearing of our Lord Jesus, the Anointed One. <sup>24</sup> The one who calls you by name is trustworthy and will thoroughly complete his work in you.

## **WE ARE MORE THAN FLESH & BONE**

**Hebrews 4:12 (TPT)** <sup>12</sup> For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

## FEELING STRESSED IS NOT A SIN

**Psalms 42:5 (NKJV)** Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him *For* the help of His countenance.

**Psalms 42:11 (NKJV)** <sup>11</sup> Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

**Matthew 26:36-44 (NKJV)** <sup>36</sup> Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there." <sup>37</sup> And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. <sup>38</sup> Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me." <sup>39</sup> He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You *will*." <sup>40</sup> Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour? <sup>41</sup> Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak." <sup>42</sup> Again, a second time, He went away and prayed, saying, "O My Father, <sup>[a]</sup> if this cup cannot pass away from Me unless I drink it, Your will be done." <sup>43</sup> And He came and found them asleep again, for their eyes were heavy. <sup>44</sup> So He left them, went away again, and prayed the third time, saying the same words.

## WE CAN GROW CLOSER IN HEART & SOUL

**Acts 4:32 (KJV)** <sup>32</sup> And the multitude of them that believed were of one heart and of one soul: neither said any of them that ought of the things which he possessed was his own; but they had all things common.

## BE PRO-ACTIVE WITH YOUR SOUL

**Psalms 116:7 (NKJV)** Return to your rest, O my soul, For the Lord has dealt bountifully with you.

**Psalms 103:2 (NKJV)** Bless the Lord, O my soul, and all that is within me, bless His holy name! <sup>2</sup> Bless the Lord, O my soul and forget not all His benefits: <sup>3</sup> Who forgives all your iniquities, who heals all your diseases, <sup>4</sup> who redeems your life from destruction. Who crowns you with lovingkindness and tender mercies, <sup>5</sup> who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

## SHARE YOUR SOUL

**What are you thankful for?**

**What are you stressed/worried/concerned about?**

**What excites you about this year/your life?**

**PRAY I THESSALONIANS 5:23-24 over one another.**