

Because Jesus is greater, the greater life is possible.

BUT...life doesn't just happen – we have responsibility. Constantly seeking good and fighting sin.
There are things you need to be doing....one of them is this....keeping your house clean....

By house we mean your life....your temple, this dwelling place of the Holy Spirit.

1 Cor. 6:19 – we are the temple of the HS (We are in Christ and Christ is in us....through the Holy Spirit. SO....

Romans 12:1-2 – don't be transformed to this world, the other houses, but be transformed by the renewing of your mind...presenting your body, your temple, your house, as a living sacrifice, holy and acceptable.

But we know not everyone who may come is IN CHRIST...not all houses here are in the same shape.

Some of you need to fix it up - others need to completely remodel - some made need a new construction.

Either way....each house, each life, needs some attention. **what shape is your house in?**

FIRST ROOM – THE KITCHEN

**Mainly we want to ask this question – WHAT ARE YOU TAKING IN? or What do you need to take out?
Sometimes you just need to clean out the fridge, garbage out, old cups, stale food.**

Pulling something out of a fridge that stinks – it just fits in with everything else....until you smell it.

You have to work....in the kitchen, dishes don't put themselves up.

The garbage doesn't take itself out. The good stuff you need just doesn't get inside of you, you work!

You also must work to keep your spiritual house clean...this is part of the greater life...the life HE empowers.

COL 3:1-17 leads us in this way....The passage calls us to get rid of some things and keep some things

If you are in Christ...this should be a way of life....set your eyes on things above, not on things of the earth.

There are many things we could look at, things that can influence or push us towards or away from **these things**.

But the two biggest things in our life is our phone and our friends. (not doubt)

Some ok, **some not that bad**, some good, **but some just bad**, some Great, **and then some toxic**.

In your kitchen, what you take in...you have your friends and your phones...

(we watch, listen, communicate, share, learn, soak up, and are influenced by our phones and friends)

The key is this.....**keep the good, increase the great, get rid of the bad, don't entertain the toxic.**

–Think about how much time on our phone. Don't know, look and see. (*settings > battery > last 24 hours*)

You are supposed to control your phone - The problem is this role is being reversed...consider the hidden influence

And a big thing is this...your phone is the biggest way many of you do friendships.

Now get this...not all of that's on your phone is bad....some is really good, but some is not bad but not beneficial.

The Bible would say it this way. **"All things are permissible, but not everything is beneficial" (1 Corinthians 10:23).**

So do some work in your kitchen....open the fridge, look in the back of pantry, smell around.

Just because you have a lot of food in the fridge doesn't mean it's all bad....BUT YOU HAVE TO CHECK IT.

THE BIBLE WOULD SAY "you must bring it under subjection" You control rather than it controlling you.

**And I know it's not just your phone, the kitchen represents everything in life we take in and put into our spiritual body
So please...consider these questions as you constantly TAKE STUFF IN....it's daily, every second.**

HOW? How can I make sure what I'm taking in is what I should be taking in?

1. Is this pleasing God?
2. Is this helping me grow in Christ?
3. Is this controlling me?
4. Is this causing me to waste away? (laziness, misuse of time, not bad but not good alternative to something better)
5. Do I have an uneasy feeling about what I'm doing?

Immediate Application:

Seek better habits (less junkfood, more veggies - less phone, more Bible, less small talk, more encouragement)

Seek healthy friendships (where do your friends point you)

So deal with this...as you look at your house begin in the kitchen...whats going in? what needs to go?

Questions on Instagram.



Questions to ask about things your life...

1. Is this pleasing to God? **Living sacrifice**
2. Is this helping me grow in Christ? **seek things above**
3. Is this controlling me? **put off old man**
4. Is this causing me to waste away? (*laziness, misuse of time, not bad but not good alternative to something better*)
5. Do I have an uneasy feeling about what I'm doing?

POSSIBLE GROUP QUESTIONS: (for tonight/throughout the week)

- What is the shape of your house? Is it a home?
- **Where does your phone or friendship seem to point you?**
- What are some things in your life that could possibly control you?
- **What do you need to get rid of?**
- What do you need more of?
- **How does Col. 1:1-3 instruct the believer to live? WHY?**
- What are things that seem to suck you in, promote laziness?

IMMEDIATE APPLICATION:

- Seek better habits (less junk, more veggies)
- Seek healthier friendships (you bring more, you expect more)