

The Renewed Life

Key 12: Ongoing Vigilance

Philippians 2:12-13



THE KEYS TO RENEWAL:

- 1. Commitment** - We developing a vision for a life of joy and renewal, and commit to developing the self-mastery required to get there
- 2. Environment** - We take deliberate steps to design a personal environment that supports our commitment to a good life
- 3. Community** - We take steps to end our isolation and develop healthy community.
- 4. Facing Compulsions** - We accept that we have built-in urges for pleasure and relief ... and we seek to control these urges, rather than letting them control us
- 5. Emotional Awareness** - We understand and deal with our emotions and internal needs.
- 6. Peace with our Past** - We recognize the power of early life trauma and deprivation, and we take steps to come to terms with our wounds.
- 7. Authentic Faith** - We cultivate an authentic and integrated faith, one that deals with doubts and questions head on
- 8. Managing Anxiety & Stress** - We pay attention to our needs and limits as human beings
- 9. Healthy Intimacy** - We develop a healthy, intimate relationship with our partner. If single, we work to get our needs for friendship and support met, and to be ready for a healthy relationship if the right person comes into our lives
- 10. Purpose** - We take steps to add joy and meaning to our lives, living out the mission we're created for
- 11. Physical Well Being** - We cultivate our physical energy and health.
- 12. Vigilance** - We maintain motivation and vigilance about our commitment to well-being — emotional, relational, physical, and spiritual. We pursue the journey of self-mastery as a marathon, not a sprint.

The essence of Key 12: _____

THE TEACHING OF PHILIPPIANS 2:

1. It helps to remember that Paul is _____

2. Just before this Paul talks about _____

3. Paul encourages people to _____,
knowing that _____

- this is not a matter of _____
- the "salvation" we work out _____
- the bottom line is: _____

4. Our errant assumptions about God's work in our lives:

- the assumption of _____
- the assumption of _____