The Safety Zone: An Out-of-Control Soul by Joyce Meyer / Session 5 of 8

When Jesus comes to live in us, He lives in our Spirit, the deepest part of our being.

You're a spirit, you have a soul, you live in a body.

You can't see my soul, but you can feel or see what's coming out of my soul.

Your soul is your mind, your will, and your emotions. It tells you what you want, what you think, what you feel…but it doesn't tell you anything about God.

If you want to know what God has to say you have to go deeper. You must learn how to walk in the Spirit and how to be led by the Spirit.

The Holy Spirit is gentle, and He leads and guides us, the Devil tries to drive us and control us.

1) Eating

We need to take ownership of our lives and our appetites and stop letting the fork boss us around.

The flesh is kind of crazy and it's never satisfied with what it wants for very long.

"I had to make a decision that I was going to get my soul in control."

*1 Cor 6:12 (AMPC) - **12** Everything is permissible (allowable and lawful) for me; but not all things are helpful (good for me to do, expedient and profitable when considered with other things). Everything is lawful for me, but I will not become the slave of anything or be brought under its power.*

We live in an explosive age of knowledge.

You really don't know anything if you're not doing it.

Learn the Word of God and *Do* the Word of God.

Jesus died for us to have a great life and we need to do everything that we can to cooperate with the plan of God so we can have the life that He died for us to have.

You can do anything that you want to, but it's not all good for you.

*1 Cor 6:13 (AMPC) - **13** Food [is intended] for the stomach and the stomach for food, but God will finally end [the functions of] both and bring them to nothing. The body is not intended for sexual immorality, but [is intended] for the Lord, and the Lord [is intended] for the body [to save, sanctify, and raise it again].*

You must pray against temptation.

*Prov 23:2 (AMPC) - **2** For you will put a knife to your throat if you are a man given to desire.*

*Matt 5:29 (AMPC) – **29** If your right eye serves as a trap to ensnare you or is an occasion for you to stumble and sin, pluck it out and throw it away. It is better that you lose one of your members than that your whole body be cast into hell (Gehenna).*

Set some boundaries for yourself.

You must make decisions to take care of yourself.

Your flesh can only demand what it's used to.

The Word of God is not a prison, but it tells us what we need to do to take care of ourselves.

I deny my soul the right to control me and boss me around all the time.

We are too excessive – "I'm either going to do nothing or I'm going to do it all."

What kind of personal boundaries do I have?

Am I always setting a boundary and then moving it when it gets uncomfortable?

2) Money

You'll get out of debt opposite of the way you got in.

It's our seed to sow to do the part that we can do!

*Prov 22:7 (AMPC) - **7** The rich rule over the poor, and the borrower is servant to the lender.*

*Prov 1:19 (AMPC) - **19** So are the ways of everyone who is greedy of gain; such [greed for plunder] takes away the lives of its possessors.*

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REFLECT QUESTIONS:

1) What kind of personal boundaries do I have?

2) Am I always setting a boundary and then moving it when it gets uncomfortable?

3) What is the part that I know I need to do when it comes to putting borders and boundaries in my eating and with my money?

VERSE MEDITATION:

*1 Cor 6:12 (AMPC) - **12** Everything is permissible (allowable and lawful) for me; but not all things are helpful (good for me to do, expedient and profitable when considered with other things). Everything is lawful for me, but I will not become the slave of anything or be brought under its power.*

DAILY CONFESSIONS:

"I live inside of the Word of God!"