



**Mickey
Cohen**

Fixing our eyes on Jesus by...

- 1. embracing discipline**
- 2. pursuing purity**
- 3. being positive**
- 4. worshipping big**



What Are You Pursuing?

(Hebrews 12:14-17)

Bouncing Back after Bottoming Out, No. 3

Pursuing Purity

The background features a light blue, wavy, horizontal line that flows across the page. Numerous clear, spherical bubbles of varying sizes are scattered throughout the scene, some appearing to rise or float, creating a clean and refreshing aesthetic.

- **Emotionally**
- **Sexually**
- **Spiritually**

Hebrews 12:14 (NIV)

**Make every effort to live in peace
with all men
and to be holy;
without holiness
no one will see the Lord.**

Hebrews 12:15 (NIV)

**See to it
that no one misses the grace of God
and that no bitter root grows up
to cause trouble and defile many.**

Hebrews 12:16 (NIV)

**See that no one is sexually immoral,
or is godless like Esau,
who for a single meal
sold his inheritance rights
as the oldest son.**

Hebrews 12:17 (NIV)

**Afterward, as you know,
when he wanted to inherit this blessing,
he was rejected.**

**He could bring about no change of
mind, though he sought the blessing
with tears.**

Pursuing Purity

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- **Emotionally**
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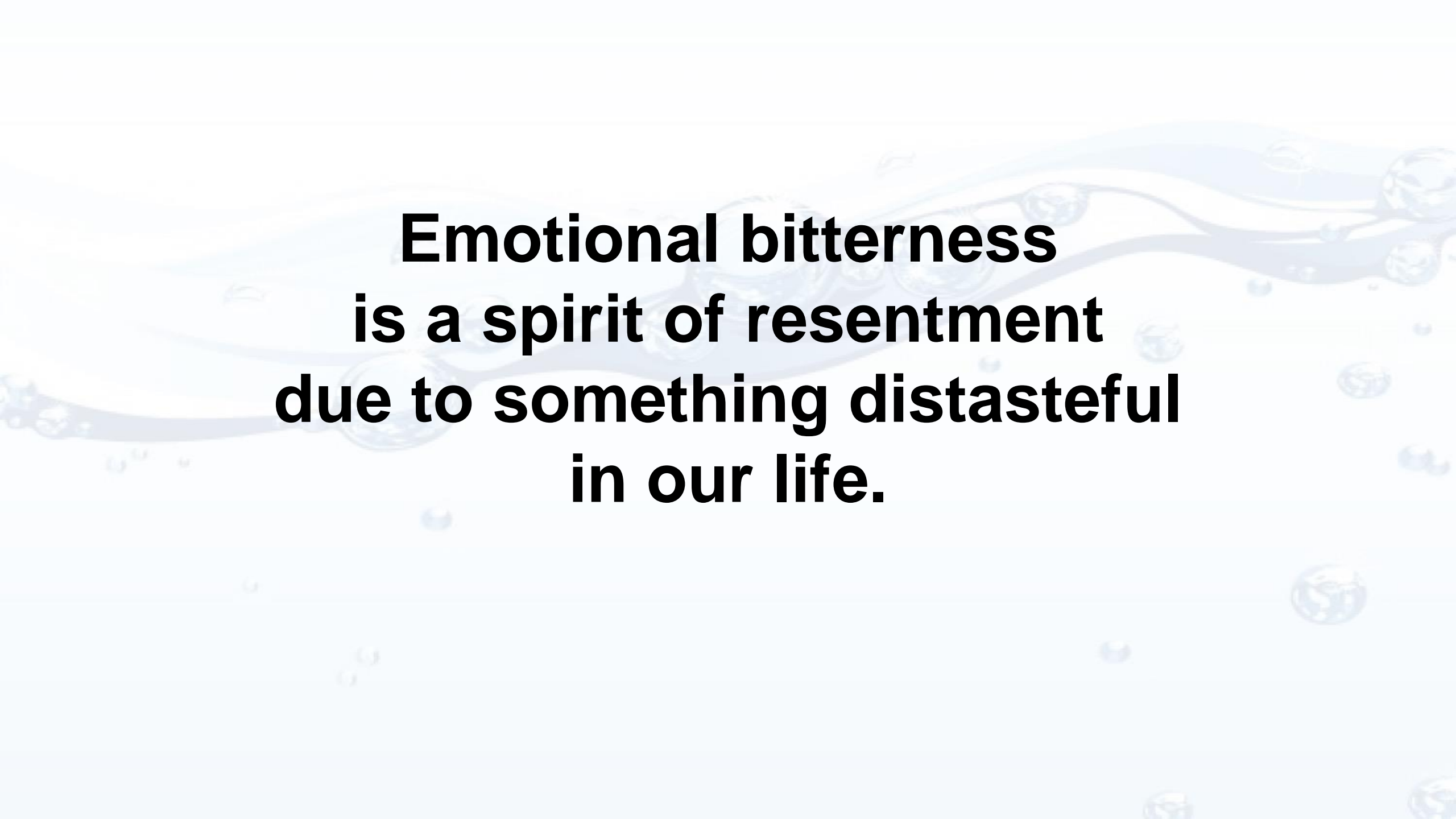


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"Careful, Honey, she seems a little bitter."

Hebrews 12:15 (NIV)

**See to it
that no one misses the grace of God
and that no bitter root grows up
to cause trouble and defile many.**

The background of the image features a light blue and white color scheme with a soft, ethereal texture. It is decorated with several water splashes and bubbles of varying sizes, creating a sense of movement and freshness. The splashes are most prominent in the upper and lower right areas, while smaller bubbles are scattered throughout the scene.

**Emotional bitterness
is a spirit of resentment
due to something distasteful
in our life.**



1902

Bitterness is...

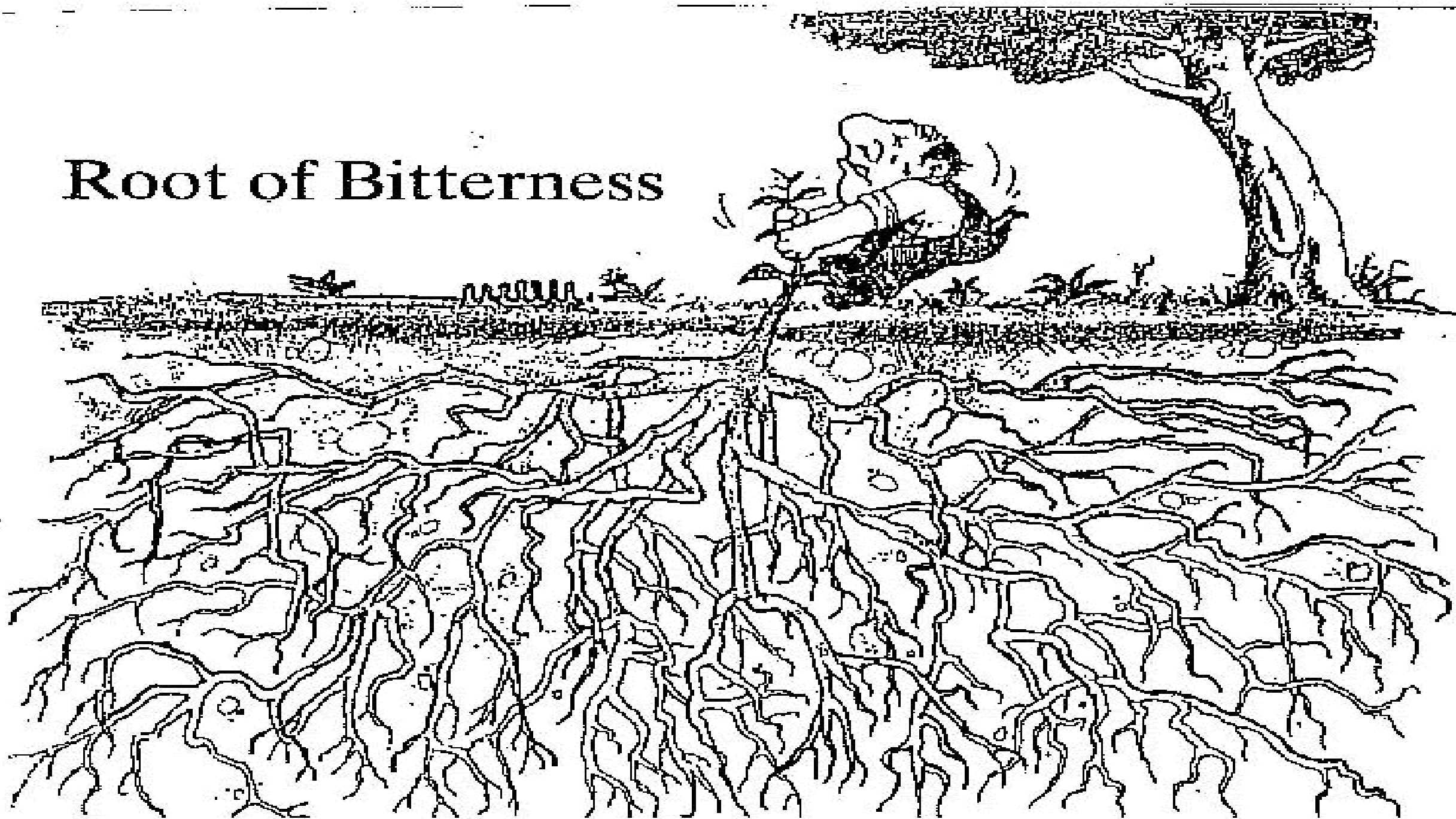
- **invisible—“root”**

-

-

-

Root of Bitterness



Hebrews 12:15 (NIV)

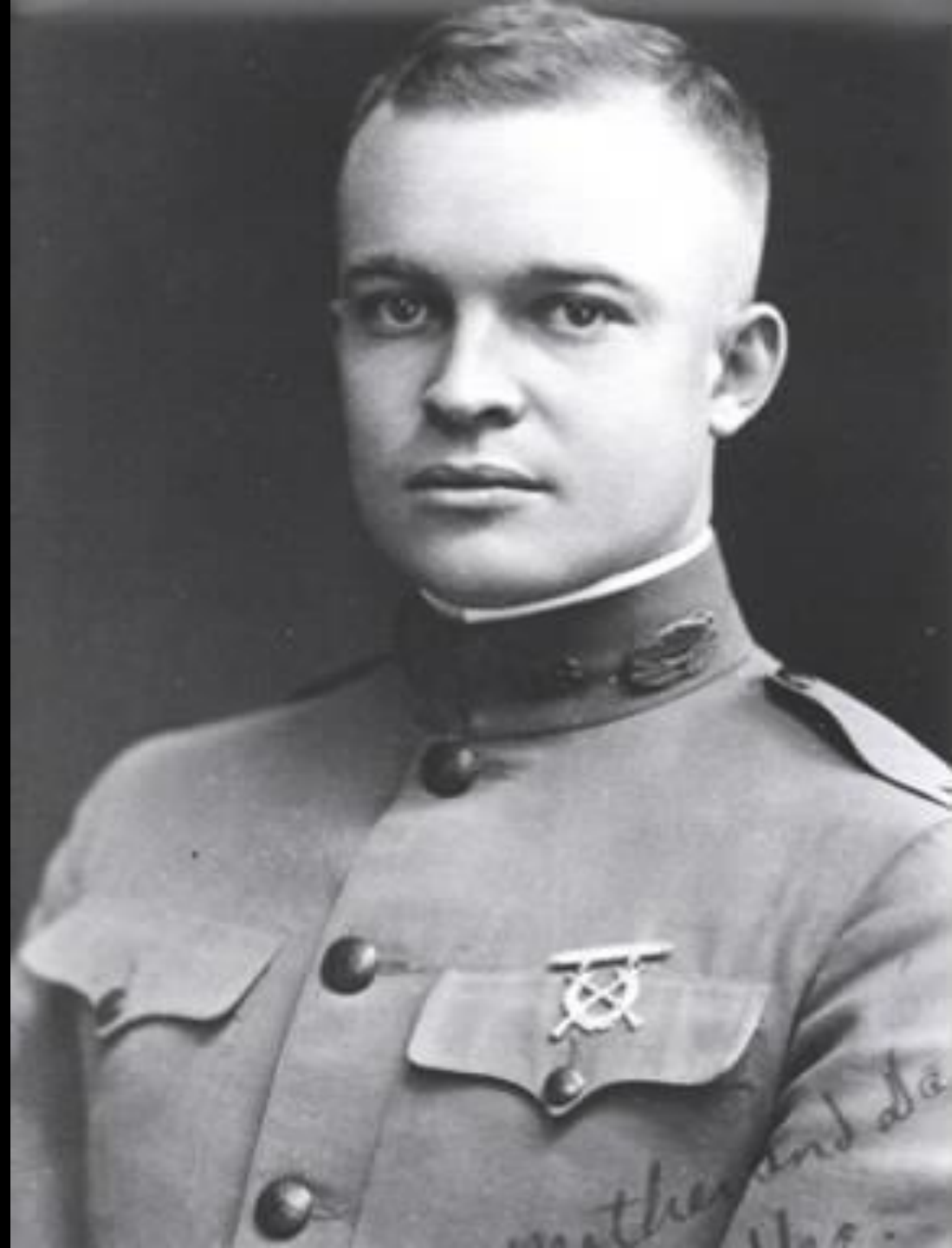
**See to it
that no one misses the grace of God
and that no bitter root grows up
to cause trouble and defile many.**

Bitterness is...

- **invisible**—“root”
- **invasive**—“grows/springs up”
-
-

Bitterness is...

- **invisible**—“root”
- **invasive**—“grows/springs up”
- **irritating**—“causes trouble”
-



Bitterness is...

- **invisible**—“root”
- **invasive**—“grows/springs up”
- **irritating**—“causes trouble”
- **infectious**—“many become defiled”

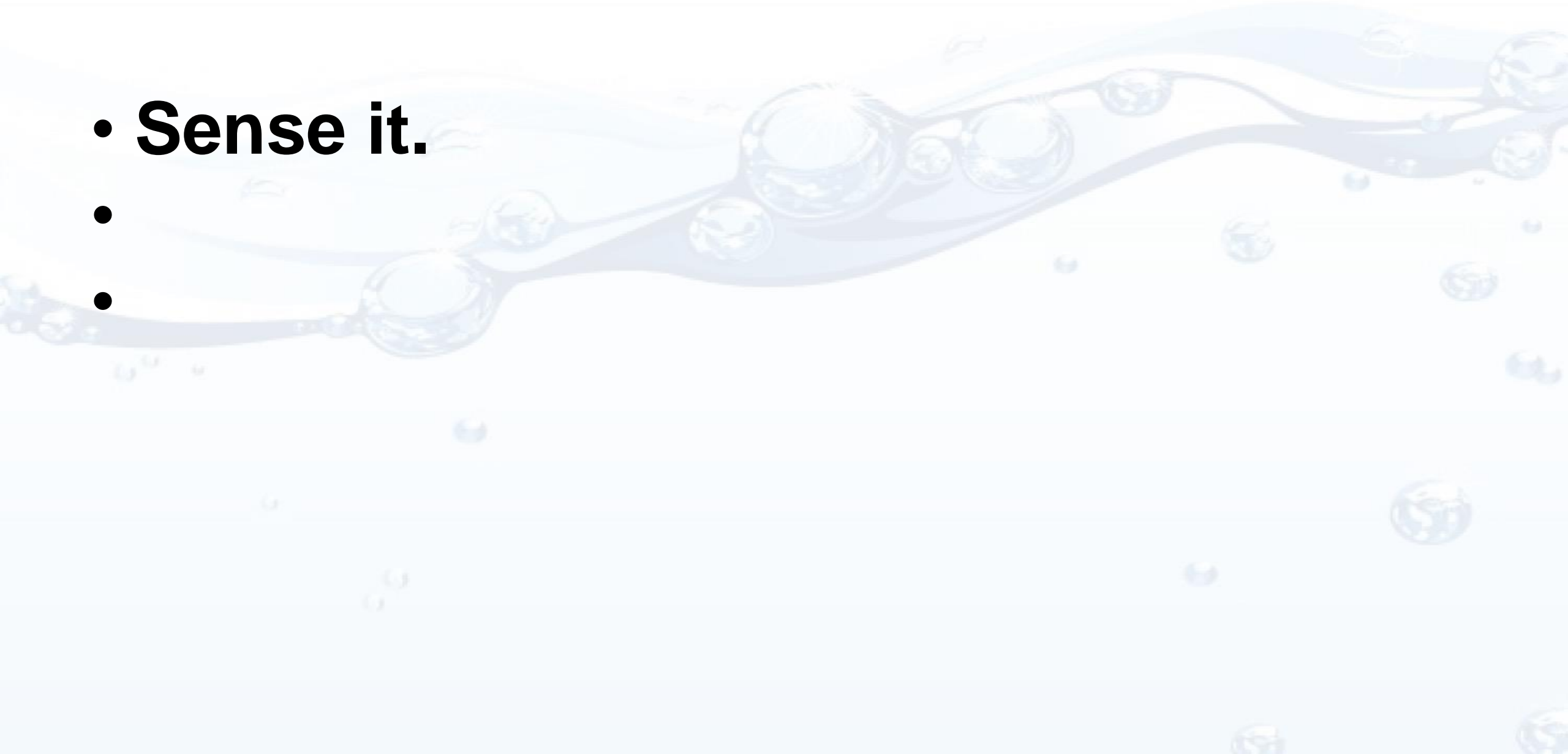


Beating the Battle of Bitterness

- **Sense it.**

-

-



Beating the Battle of Bitterness

- **Sense it.**
- **Spit it out.**
-

Beating the Battle of Bitterness

- **Sense it.**
- **Spit it out.**
- **Substitute it.**

Hebrews 12:15 (NIV)

**See to it
that no one misses the grace of God
and that no bitter root grows up
to cause trouble and defile many.**

Hebrews 13:9b (NIV)

**It is good for our hearts
to be strengthened by grace...**



Hebrews 12:16a (NIV)

**See that that no one
is sexually immoral...**

Sex separated from...

Phase 1: Procreation (contraception)

Phase 2: Marriage (cohabitation)

Phase 3: Partnership

(temporary/recreational sex)

Phase 4: Another Person

(pornography)

Phase 5: Our Own Bodies

(questioning our gender)

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or is godless like Esau,
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as the oldest son.**

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**Afterward, as you know,
when he wanted to inherit this blessing,
he was rejected.**

**He could bring about no change of
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Spiritual Purity

- **Choosing eternity over a moment of “now.”**

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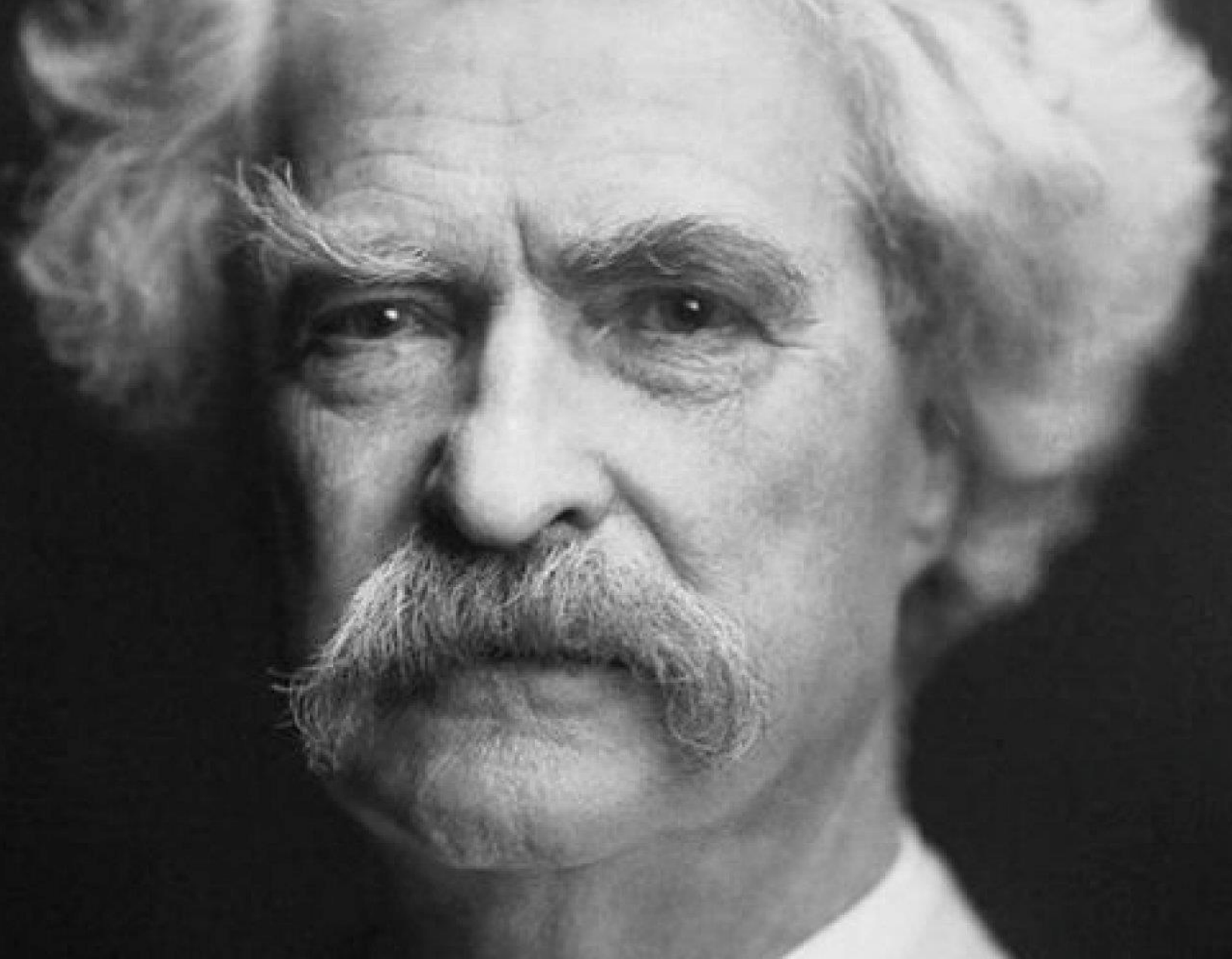
Spiritual Purity

- **Choosing eternity over a moment of “now”!**
- **Choosing godly living over a life of selfishness.**

Pursuing Purity

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- **Emotionally**
- **Sexually**
- **Spiritually**



Samuel Clemmons/Mark Twain