

# HOW TO SURVIVE

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- Survival rule of 3

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- Survival rule of 3
  - 3 min without AIR

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- Survival rule of 3
  - 3 min without AIR
  - 3 days without WATER

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- Survival rule of 3
  - 3 min without AIR
  - 3 days without WATER
  - 3 weeks without FOOD

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- Survival rule of 3
  - 3 min without AIR
  - 3 days without WATER
  - 3 weeks without FOOD
- Basic Human Needs: Food, Shelter, Clothing (and sleep)

# HOW TO SURVIVE

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- Basic Spiritual Needs: Faith, Hope and Love
  - 1 Thess. 5:8, 1:2-3
  - Gal. 5:5-6
- Air, Water, Food = Faith, Hope, Love
- Other Basic Needs: Law, Order, Friendship, Family, Love, Dignity, Achievement, Status, Knowledge, Understanding, Meaning, Personal Growth, Religious Faith
- Other Spiritual Needs: Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self control, Truth, Righteousness, Gospel of Peace, Undeclared Religion,

# FAITH HOPE LOVE

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- 1 Cor 13:13 – but the greatest is love.
- Matt. 22:34-40 – Jesus affirms that love is the most important
- Many verses link Faith, Hope and Love. Rom 5:1-5, Col 1:23
- Heb 11:1 Faith is defined using Hope
- Rom 8:24-25 further defines our Hope
- Do we get enough Faith, Hope and Love?



# GOT AIR?

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- Effects of hypoxia (not enough oxygen)
  - Loss of or dimmed vision
  - Diminished visual acuity (blurred vision)
  - Peripheral vision narrowed
  - Slower reaction time
  - Impaired hand-eye coordination
  - Impaired memory
  - Diminished Cognitive Functions (can't think straight)
  - As hypoxia deepens symptoms become more evident, poor judgement, lack of insight, increased irritability or euphoria, sensory loss, poor muscular coordination, sensory loss shading into semi-consciousness, unconsciousness and then death

# WHAT ABOUT WATER, FOOD OR SLEEP?

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- Signs of dehydration: Headache, Dry Mouth, Dry Eyes, Dry Skin, Disoriented, Low Energy, Muscle Cramps or Spasms, Hunger
- Signs of Starvation: Faintness, Dizziness, Slow Heart Rate, Weakness, Growth Retardation, Impaired Concentration
- Signs of Sleep Loss: Fatigue, Forgetfulness, “Fuzzy” Head, Irritability, Moodiness, Difficulty Learning new Concepts
- Are you getting a full measure of the basics for life? What about Spiritually?

# TOO LITTLE FAITH, HOPE OR LOVE?

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- 1 Cor 13:2 Great Faith
- Rom 14:1 Weak Faith
- Eph 2:12 No Hope
- Luke 7:47 much Love or little Love
- Are you getting enough?

# POLLUTED AIR? UNFILTERED WATER? BAD FOOD?

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- Smoking is linked to Cancer, and lung disease
- Want to drink from a stream?
- Want to eat food left out from yesterday?
- We refuse to contaminate our bodies with filth... what about our spirit?
- The world chooses to have weak faith, no hope and little love... will you?

# BUILD UP THE BASICS

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- 2 Cor 13:5 Test our Faith
- Rom 5:3-5. Build up our Hope. Isa 40:31
- Rom 5:8, John 3:16. Love God more
- Matt 6:31-34 God will provide if we seek him first