Guide to Spiritual Health

Topical

Objective: Inspire each to improve their spiritual health lifestyle.

Reading: 1 Timothy 4:6-8.

Memory: 1 Timothy 4:8; “F_ p_ t_ i_ o_ s_ v_, b_ g_ h_ v_ f_ a_ t_, h_ p_ f_ b_ t_ p_ l_ a_ t_ l_ t_ c_.”

Introduction:

1. If we do not take care of our bodies, we get into trouble. We get weak; backaches, illness.
2. The same sort of thing is true in the spiritual realm.

We need to work toward better spiritual health. (HOW?)

Much of the same advice you would take for physical health applies in working toward spiritual health.

Any health advice usually involves eating well. This also applies spiritually;

I. Get Plenty of Nourishment.

A. Feed on the Word of God.

1. 1 Peter 2:2; “Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation…”

2. You need to eat to grow.

3. Faith comes from hearing the word.

4. Wisdom and insight come from God’s word. Strength comes from the word.

5. It changes and transforms us into what we want to be.

a. Like teenage football player drinks large glass of milk at each meal to grow strong.

b. Each of us should take a large dose of God’s word each day to grow strong.

6. The word of God works within to change you.

a. 1 Thessalonians 2:13; “And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe.”

b. You have to put it in you!

B. Start with baby food, but move on the adult food.

1. Hebrews 5:12-14; “In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

2. Some merely hold it in their mouths and don’t swallow; James 1:22, “Do not merely listen to the word, and so deceive yourselves. Do what it says.”

3. Need to be working with it to incorporate it into our lives. Digest it.

4. Milk you simply suck and swallow. Adult food needs to be chewed and digested.

a. Ruminate over it! Discuss deeper concepts with other people.

b. Put it into practice, use it. Search and seek, dig deeper. Ask soul searching questions.

c. Probably means getting with other people to “reason together”.

Along with plenty of good food comes the need for exercise.

II. Get Plenty of Exercise.

A. Physical training is of some value, but godly training has value in all things.

1. 1 Timothy 4:6-8; “If you point these things out to the brothers, you will be a good minister of Christ Jesus, brought up in the truths of the faith and of the good teaching that you have followed. Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

2. We probably do place some focus on physical health.


3. Since the spiritual is more important, we should put MORE effort / time into the spiritual!
B. We need to put our “godliness” into action.
   1. To “\textit{train}” necessarily implies action.
      a. 1 Timothy 4:6-8: “…\textit{train yourself to be godly}…”
      b. 2 Timothy 3:16-17: “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and \textit{training in righteousness}, so that the man of God may be thoroughly equipped for every good work.”
      c. Read 1 Thessalonians 5:14-22 and relate the things that are do-able. “\textit{Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other. And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus. Do not put out the Spirit’s fire; do not treat prophecies with contempt. Test everything. Hold on to the good. A\textit{void every kind of evil}.”
      d. Philippians 4:8-9: “\textit{Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice}.”
   2. Need to actually and intentionally be \textit{DOING} these things.

\textit{Much poor health comes from germs and contagion. For good health, it is wise to …}

\textbf{III. Keep Yourself Clean.}

A. We know this in the physical realm.
   1. Protect yourself from cold and flu by washing extra often and long.
   2. Avoid areas that you know are especially full of germs and contaminates.

B. We are clearly taught the same in the spiritual realm.
   1. 2 Corinthians 7:1: “\textit{Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”}
      a. Identify and get rid of those things that contaminate the body and spirit!
      b. Is it “sit-coms”? Is it thought processes? Is it habits?
      c. Time to take the matter seriously if you want to stay healthy.
   2. 2 Peter 1:4: “\textit{Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires}.”
      a. What “desires” are defiling you? Making you “unclean”? Corrupting your spirit?
      d. Time to take the matter seriously if you want to stay healthy.
   3. James 1:27: “\textit{Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”}
      a. How are you being polluted by the world? What thought processes? What things do we accept as simply a normal part of life in our times that we corrupt and offensive just a few years ago? Living together before marriage? Occasionally tipsy? Drugs?
   4. 1 Corinthians 15:33: “\textit{Do not be misled: Bad company corrupts good character.”}
      a. If you hang around people with the flu, what do you expect to happen?
      b. Do You take it that serious in the spiritual realm? To stay spiritually healthy, spend time with spiritually healthy people! (Not just my idea, it’s Bible!)

\textit{one other item we always mention in regard to physical health is to …}

\textbf{IV. Get Plenty of Rest.}

A. “\textit{Rest}” time is a time to recuperate, rebuild strength and resistance.
   1. This is why babies sleep so much. Why young school children are given “nap” times.
   2. This is why people recovering from illness or surgery sleep so much.
B. Spiritual “rest” time is taught by God.
   1. **Matthew 11:28-30**: “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
   2. Whole concept of the Sabbath in the Old Testament.
   3. Still supposed to take time out from our busy schedules today.
      a. Why do you hustle home so fast after worship service? Self imposed NON-rest; gotta get doing personal things! Things I want to do! Things I and supposed to do! Things the world expects of me!
      b. YOU are the reason you don't take time to rest and recuperate spiritually

C. Spiritual “rest” time is time with God.
   1. When you are “burned-out” with service, take time away to rest in God - like Jesus did.
   2. Plan time into your schedule for “retreats”; rebuilding and faith building experiences.
   3. Stop trying so hard and just trust in God sometimes. Give Him the glory and let Him work things His way. Relax.

So What?
“**For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.**” Spiritual life is what counts. Godliness is the aspect of your life that really matters most. It is the part with eternal consequences. Our spiritual health much more vital than our physical health. We need to take it seriously and take every step to ensure good spiritual health.
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Topical

Memory: 1 Timothy 4:8
“F_t_i_o_s_v__, b_g_h_v_f_a_t__, h_p_f_b_t_p_l_a_t_l_t_c__.”

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Much of the same advice you would take for physical health applies in working toward spiritual health.

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   1 Peter 2:2 1 Thessalonians 2:13
B. Start with baby food, but move on the adult food.
   Hebrews 5:12-14 James 1:22

II. Get Plenty of Exercise.
A. Physical training is of some value, but godly training has value in all things.
   1 Timothy 4:6-8
B. We need to put our “godliness” into action.
   1 Timothy 4:6-8 2 Timothy 3:16-17 1 Thessalonians 5:14-22 Philippians 4:8-9

III. Keep Yourself Clean.
A. We know this in the physical realm.
B. We are clearly taught the same in the spiritual realm.
   2 Corinthians 7:1 2 Peter 1:4 James 1:27 1 Corinthians 15:33

IV. Get Plenty of Rest.
A. “Rest” time is a time to recuperate, rebuild strength and resistance.
B. Spiritual “rest” time is taught by God.
   Matthew 11:28-30
C. Spiritual “rest” time is time with God.

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Action: (Specify an action or change you will make in your life as a result of this message.)

Date: (When you will check to verify that you have done it.)