

## For Further Reference

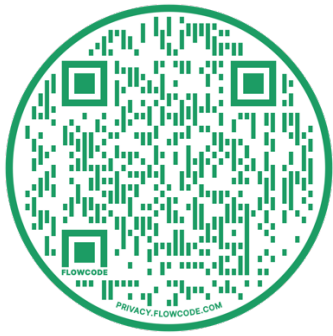
Equipped with Scripture



Book – Rob Moll – What the Body Knows About God



Praying in the Spirit (in other tongues)



## Escape and Endure

Choose Life Series (CL-05)

March 3, 2024

- James 1:14–15
- 1 Corinthians 10:13 he will show you a way out , He will provide the way of escape also, so that you will be able to endure it.
- Galatians 5:16 ...let the Holy Spirit guide your lives
- Galatians 5:24–25
  - nailed the passions and desires of their sinful nature to his cross and crucified them there.
  - living by the Spirit
  - follow the Spirit's leading in every part of our lives.
- Romans 6:6 crucified with Christ so that sin might lose its power
- Common Temptations
  - No different from others
  - James 1:14
- God is Faithful – our answers are connected to his Character
- Not allow temptation beyond your ability
- God will provide – Provider – another Character Quality
  - A way out – multiple ways
  - The way of escape – the specific one for this incident
- Able to endure
- Galatians 3:22 ...we are all prisoners of sin, so we receive God's promise of freedom only by believing in Jesus Christ.
- 2 Timothy 2:22 Run from anything that stimulates youthful lusts
- 1 Corinthians 6:18 Run from sexual sin!
- 1 Peter 5:8–9 Stand firm against (NASB – “Resist him”) him,
- Ephesians 6:13, 16-17 able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ...hold up the shield of faith to stop the fiery arrows of the devil. ...and take the sword of the Spirit, which is the word of God.
- Romans 6:11 (NLT) — 11 So you also should consider yourselves to be dead to the power of sin

## It's all about relationship

- John 15:14–15 (NLT) — 14 You are my friends if you do what I command.

### Relationship, more than functional or contractual

- 2 Corinthians 5:21 (NLT) — 21 For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.
- Galatians 3:22 ...we receive God's promise of freedom only by believing in Jesus Christ.
- 2 Corinthians 5:14–15 (NLT) — 14 Either way, Christ's love controls us.
- Time in Fellowship with God
  - Fellowship in conversation (Prayer)
  - Fellowship in his Word
  - Development of faith (trust) in the Character of God
  - Development of knowledge of the will of God

### Benefits of Spiritual Practices From research done by Pastor Andy Spurlin

- **Equipping with Scripture 4+ days a week**
  - 90% higher satisfaction
  - 21% lower stress hormone level
  - 19% reduced risk of heart disease
  - 38% less likely to engage in immoral behaviors
  - 22% more likely to share their faith with others
- **Praying intentionally for 8 weeks**
  - Book by Rob Moll – What the Body Knows About God
  - Brain scans before and after showed increased activity and connections in regions related to focus, empathy and emotional processing
  - Anxiety levels decreased by 29%
  - Sleep quality increased by 16%
  - Empathy and emotional processing increased by 37%
  - 42% reported improved relationships after intentional prayer compared to the control group
- **Praying in the Spirit (Tongues)**
  - Jude 20 (NASB 95) — 20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,
  - Activating unique parts of the brain – resulting in thicker, denser gray matter in regions of the brain related to language and mood
  - 1 Corinthians 14:4 (NLT) — 4 A person who speaks in tongues is strengthened personally...

- Matthew 24:12–13 (NLT) — 12 Sin will be rampant everywhere, and the love of many will grow cold. 13 But the one who endures to the end will be saved.
  - Whose love has grown cold
  - Whose lampstand has gone out
  - To a place where they are no longer saved?
  - Is this implied with the statement that it is the one that endures to the end that will be saved?
  - What about the one that does not endure?
  - In the midst of rampant sin everywhere, God has given us ways to escape so that we can endure until the end
- Those ways begin with fellowship with God in prayer and the Word

### Choose Life

Romans 8:1-14

#### Life

- Free from power of sin
- Follow the Spirit
- Spirit controls your mind
- Life and peace
- Spirit gives you life
- Put to death deeds of sinful nature
- Led by the Spirit – children of God

#### Death

- Power of sin leads to death
- Think about sinful things
- Sinful nature controls mind
- Hostile to God
- Never obeys God's laws
- Never please God
- You will die