

# The Spiritual Life: Checking for a P.U.L.S.E.

Anything that's alive should have a pulse and that goes for your spiritual life as well. Is there overwhelming evidence that the spirit of Jesus Christ is living a new life in you? Let's remove all doubts!

## Production & Power

### ***Are you connected to the vine?***

John 15

New Living Translation

15 "I am the true grapevine, and my Father is the gardener. 2 He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. 3 You have already been pruned and purified by the message I have given you. 4 Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

5 "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. 6 Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. 7 But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! 8 When you produce much fruit, you are my true disciples. This brings great glory to my Father.

### ***Do you have the fruit of the Spirit?***

Galatians 5:22-23

New Living Translation

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

## ***Are you a powerful witness?***

Acts 1:8

New Living Translation

8 But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

Mark 16:15-18

New Living Translation

15 And then he told them, “Go into all the world and preach the Good News to everyone. 16 Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned. 17 These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages.[a] 18 They will be able to handle snakes with safety, and if they drink anything poisonous, it won’t hurt them. They will be able to place their hands on the sick, and they will be healed.”

## **Unity with Christ and His Body**

### ***Have you been raised from the deadness of sin and united with Him?***

Ephesians 2:6-7

New Living Translation

6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. 7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

## ***Are you living in unity with other believers?***

Ephesians 2:19-21

New Living Translation

A Temple for the Lord

19 So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family. 20 Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. 21 We are carefully joined together in him, becoming a holy temple for the Lord.

Ephesians 4:2-4

New Living Translation

2 Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. 3 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. 4 For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

## **Led by the Holy Spirit**

### ***Have you experienced the second birth?***

John 3:3-8

New Living Translation

3 Jesus replied, "I tell you the truth, unless you are born again,[a] you cannot see the Kingdom of God." 4 "What do you mean?" exclaimed Nicodemus. "How can an old man go back into his mother's womb and be born again?" 5 Jesus replied, "I assure you, no one can enter the Kingdom of God without being born of water and the Spirit.[b] 6 Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.[c] 7 So don't be surprised when I say, 'You[d] must be born again.' 8 The wind blows wherever it wants. Just as you can hear the wind but can't tell where it comes from or where it is going, so you can't explain how people are born of the Spirit."

## ***Are your thoughts being dominated or controlled?***

Romans 8:5-11

New Living Translation

5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. 7 For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. 8 That's why those who are still under the control of their sinful nature can never please God. 9 But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) 10 And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life[a] because you have been made right with God. 11 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

## **Sacrifice & Obedience**

### ***Have you given the use of your body totally to Christ?***

Romans 12:1-2

New Living Translation

12 And so, dear brothers and sisters,[a] I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.[b]  
2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

### ***Do you know how to love the Lord in the way He requires?***

John 14:15-17

New Living Translation

15 “If you love me, obey[a] my commandments. 16 And I will ask the Father, and he will give you another Advocate,[b] who will never leave you. 17 He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you.[c]

## **Eternal Purpose**

### ***Have you accepted God’s good plan for your life?***

Ephesians 1:9-14

New Living Translation

9 God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. 10 And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. 11 Furthermore, because we are united with Christ, we have received an inheritance from God,[a] for he chose us in advance, and he makes everything work out according to his plan.

12 God’s purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. 13 And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own[b] by giving you the Holy Spirit, whom he promised long ago. 14 The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.