

Inside Out Spiritual Health

Today, we will look at our Spiritual Health. Are we actively seeking him, spending time in his presence, opening up his word? How is your walk with the Lord?

Main Idea: Our Spiritual Health is a Reflection of our Walk with the Lord

Four disciplines to improve our Spiritual Health:

I. Spiritual health improves when we read the Word of God

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.” 2 Timothy 3:16-17

“He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together.” Colossians 1:15-17

Five benefits of reading the Bible:

- **Helps us fight sin: Psalm 119:11**
- **Gives us direction: Psalm 119:105**
- **Gives us truth: John 8:31-32**
- **Gives us purpose: Matthew 28:19**
- **Gives us strength: Philippians 4:13**

II. Spiritual health improves when we pray

“Pray without ceasing.” 1 Thessalonians 5:17

“The devil is not terribly afraid of our human efforts and credentials. But he knows his kingdom will be damaged when we begin to lift our hearts to God”.

Fresh Wind/Fresh Fire, Pastor Jim Cymbala

“Do not be like them, for your Father knows what you need before you ask him.” Matthew 6:8

III. Our Spiritual health improves when we have community

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.” Ecclesiastes 4:9-12

Five Benefits of Godly Community:

- **Burdens are carried: Galatians 6:2**
- **Diversity: Romans 12:4-5**
- **Healing: James 5:16**
- **Love: 1 John 4:11**
- **Accountability: Proverbs 27:17**

IV. Our Spiritual health improves when we share the Gospel

“And he said to them, “Go into all the world and proclaim the gospel to the whole creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.” Mark 16:15-16

Four reasons why Christians do not share the Gospel (Desiring God, John Piper)

- **Lack of Gospel knowledge:** We don't know the Gospel
- **Apathy:** We don't care for the lost.
- **Fear:** What will this person think of me?
- **Lack of Compassion:** We forget what it was like before Jesus and don't realize other people are suffering and without hope.

“Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.” 2 Corinthians 5:20

In conclusion, we know our Spiritual health improves when we:

- **Read the Word of God**
- **Pray**
- **Have Godly community**
- **Share the Gospel of Jesus Christ**

Sources & Further Reading Opportunities:

- Fresh Wind, Fresh Fire-Pastor Jim Cymbala
- Edwards, J. R. (2002). *The Gospel according to Mark* (p. iii). Grand Rapids, MI; Leicester, England: Eerdmans; Apollos.
- Cole, R. A. (1989). *Mark: An Introduction and Commentary* (Vol. 2, p. 3). Downers Grove, IL: InterVarsity Press.
- Walvoord, J. F., & Zuck, R. B., Dallas Theological Seminary. (1985). *The Bible Knowledge Commentary: An Exposition of the Scriptures*. Wheaton, IL: Victor Books.
- Carson, D. A., France, R. T., Motyer, J. A., & Wenham, G. J. (Eds.). (1994). *New Bible commentary: 21st century edition* (4th ed., p. iii). Leicester, England; Downers Grove, IL: Inter-Varsity Press.
- Desiring God.Org