



Date 10/03/2021

Transformed Series **Spiritual Health**

Diagnostic questions

- If you could snap your fingers and make a change to improve your spiritual health, what would you change?
- If your *spiritual doctor* did a spiritual health profile, what would be too High/Low?
- If your true *friend* gave feedback on your Spiritual Health what would he/she say?
- Fill in the blank: “I really should be _____.”

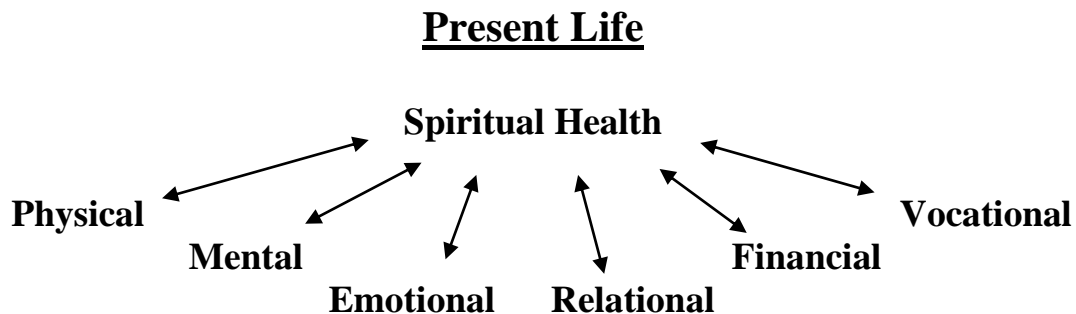
Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is; his good, pleasing, and perfect will.

Use **G.L.O.R.Y.** to create your goals.

Therefore, if anyone is in Christ, he is a new creation.
The old has gone, the new has come! - 2 Corinthians 5:17

1 Timothy 4:8 – 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**.



The Life to Come

Spiritual Health is Permanent and Powerful, so we should make it Priority.

Eternal Life (Now and in the Future)

John 5:24 - I tell you the truth; whoever hears my word and believes him who sent me has eternal life and will not be condemned. He has crossed from death to life.

Eternal Family (Now and in the Future)

- Perfect harmony with your spiritual family - Father, Brother, Saints.

Eternal Possessions (Now and in the Future)

Matthew 6:20 - Store up your treasures in heaven, where moth and rust do not corrupt, and thieves do not break in and steal.

Eternal Perspectives (Now and in the Future)

Romans 8:28-29 – For we know that in all things God works for the good of those who love him, who are called according to his purpose. For those God foreknew, he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.



Ideas for Goals!



Witnessing (No illustration yet ... got any ideas?)

- Demonstrate the Gospel - behavior, speech, visible witness. (Matthew 5:16)
- Donate the Gospel – tangible help, compassion, kindness, generosity. (1 Jn 3:18)
- Describe the Gospel - Explain what the gospel is (2 Timothy 2:2)
- Defend the Gospel - Explain why you believe. (1 Peter 3:15)

Christ the Center

2 Corinthians 5:17 – Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new has come!

Transformed Series **Spiritual Health**

Opening

My **endocrinologist** - numbers are too high, some too low. Bring high numbers down and bring low numbers up. Vitamin D high; thyroid low. My doc asked me if I'd like to take some steps to correct it.

I said yes.

You might be overdoing some things (maybe favorite, enjoyable thing) to the neglect of other things (maybe you don't like doing them as much).

Transition

Diagnostic questions

- If you could snap your fingers and make a change to improve your spiritual health, what would you change?
- If your *spiritual doctor* did a spiritual health profile, what practices would be too High? Too Low?
- What do you think *others* would say is something you're **overdoing** or **under-doing** in your spiritual life?
- Fill in the blank: "I really should be _____."

Well, we can't just snap our fingers, and voila! ... We're there!
It will take time, effort, direction, and discipline.

Our Key scripture is **Romans 12:2**

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is; his good, pleasing, and perfect will.

During this **Transformed Series**, we will take God at his Word.
That is, renewing our minds leads to Transformation.

We will utilize many powerful factors to help mold character:

- God's powerful Word
- Spaced Repetition
- Group Support through prayer and encouragement
- Bandwagon approach – let's do this together, in community

Use **G.L.O.R.Y.** to create your goals

Go - How do I get started on this goal?

Long-term - how can I make this goal a consistent pattern of my life?

Obedient - how does this goal please and honor God?

Relational - how will I depend on God and others to succeed?

Yours - how do I own this goal to glorify God?

You know what's good about goals?

In these days of overflowing ambiguity and unknowns...

- your new goal is **one thing** that you can control, brings a degree of stability.
- It's **one thing** you can win at, that *God wants* you to win at, and will support you at succeeding?
- This **one thing** will affect all the other areas of your life!
- This **one thing** will lift your spirit in the midst of things that attempt to drag you down.

We start our **Transformed Series** with **Spiritual Health**.

Key Scripture is

2 Corinthians 5:17 – Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new has come!

The Spiritual life is not an improved version of the old life.

It is a NEW Creation! God starts with new, spiritual birth.

The Christian life isn't about reforming the old man,

but being born again. Born of the Spirit.

That's why we need to start with **Spiritual Health**.

Healthy does not mean alive. You can be alive, but not healthy.

Spiritual Health does not mean spiritually alive.

Spiritual Health means you are spiritually alive, and spiritually healthy.

Spiritual Health is not just another commitment among many.

It is an entirely new and transcendent dimension!

The spiritual life is not like all the other things of this world.

Colossians 3:10 says that the new self is “being renewed in knowledge in the image of its Creator.”

→ Christlikeness

But **Spiritual Health** doesn't only affect the spiritual life. It affects all of life!

Spiritual life affects Both the PRESENT LIFE and the LIFE TO COME. That, my friends, is everything!!!

1 Timothy 4:8 – 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**.

Holding promise – means godliness is valuable on this life.

1 Peter 1:3 – His **divine** power has given us **everything** we need for **life** and **godliness** through the knowledge of him.

First lets talk briefly about the ...

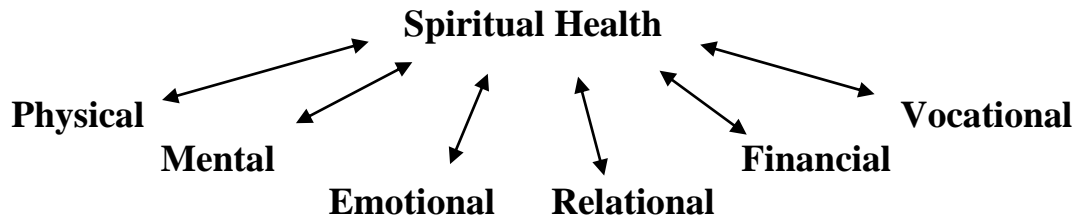
Present Life

The present life is all the numerous characteristics we have now.

- Ultimate Meaning and Purpose, What I'm here for.
- Love – some say it is the deepest need. Why not, for God is love.

- Stability & Security – your life does not need to be tossed to and fro.
- Direction – moral compass, not merely invented by social trends.
- Significance – My life is meaningful, makes a difference.

These are things our hearts desire at the deepest level.



These 7 sessions are going to show us how things in this **Present Life** - Physical, Mental, Emotional, Relational, Financial, Vocational - can be seen and managed properly under God’s guidance.

We need to know that God is very interested in your **Present Life**.

Jesus says that when we follow Him he gives us *all things* **Matthew 6:33** – all these things (earthly needs) will be given you as well.

A few Basic Spiritual Characteristics of our Spiritual Health:

- Faith – anxiety/fear
- Repentance & Forgiveness
- Walk in the light
- Obedience
- Accepting suffering and persecution

Week-in, week-out, year-in, year-out we cover these things at church. Sermon about one of these. You say, “Wow, I have difficulty in that.” Next year we touch on that topic, “Wow, I have difficulty in that.” Next year, year after that.

What if you made it your goal to **take steps** to grow in these areas?
And after a year you tackled another area?

And the year after that you tackled another area?

How would this **Transform** your **Present Life**?

How would ...

- replacing anxiety/fear with faith and prayer change your life?
- repentance and forgiveness bring you a clear conscience?
- walking in Truth/Light bring greater confidence?
- obedience make you a different person?
- Accepting suffering, hardships, and persecution → Christlike?

The list goes on: humility, patience, kind, faithful, devotion, gentleness, self-control, put others first, honor.

So our **Spiritual Health** affects our **Present Life**

Our **Spiritual Health** also affects ...

The Life to Come

Spiritual Health has Eternal Rewards!!!

The **Life to Come** asks, What endures beyond this earthly life?

Spiritual Health is Permanent and Powerful, so we should make it Priority.

Eternal Life (Now and in the Future)

John 5:24

I tell you the truth; whoever **hears** my word and **believes** him who sent me **has eternal life** and **will not be condemned**. He has **crossed from death to life**.

2 Corinthians 5:17 – Therefore, if anyone is in Christ, he **is** a **new creation**. The old has gone, the **new has come!**

Eternal Family (Now and in the Future)

- Communion with your spiritual family - Father, Brother, Saints.
- Perfected – Fruit of the Spirit made perfect! (Galatians 5:23-24, 1 Corinthians 13:

Eternal Possessions (Now and in the Future)

Treasures – things of true value.

Matthew 6:20 - Store up your treasures in heaven, where moth and rust do not corrupt, and thieves do not break in and steal.

If you are retired you are enjoying the fruit of your labor. You forego some amount of immediate fun and pleasure to put something away for the future. You stored up treasures in your retirement plan. Now imagine a glorified retirement plan!

Eternal Perspectives (Now and in the Future)

Gain the whole world, but forfeit your soul.

That is eternal perspective!

God works everything that happens to us for our good if we love Him.

That is eternal perspective!

We shall see him in person.

That is eternal perspective!

It's all about investing in **Eternal** things. Actually doing Eternal things, now!

All areas work together and reinforce each other, but **Spiritual Health** is like the bloodstream that brings nutrients, oxygen and support for all the others areas. And Spiritual Health is by far the most important.

So we make it our Goal to please Him. 2 Cor 5:9

At church we frequently go over some aspect of **Spiritual Health**.

You already know a lot about spiritual practices, but for **Spiritual Health**, maybe you have some numbers that are too low or too high. I'd like to do a quick review of some aspects of our **Spiritual Health**. I'm going to ask you to choose **JUST ONE** thing to work on.

Bible - Hand Illustration

Hear, Read, Study, Memorize, Meditate

Prayer - Hand Illustration

Adoration, Confession, Thanksgiving, Supplication, Stillness

Fellowship - Golf Illustration

Big Group, Small Group, Life-to-life

Witnessing

- **Demonstrate** the Gospel (behavior, speech), always. (Matthew 5:16)
- **Donate** the Gospel - compassion, hospitable, kind, generous. (1 Jn 3:18)
- **Describe** the Gospel - Explain what the gospel is (2 Timothy 2:2)
- **Defend** the Gospel - Explain why you believe. (1 Peter 3:15)

If you just have a conceptual goal – read the bible more, pray more, do some stillness – nothing will happen. No transformation will occur You will stay the same.

Christ the Center

2 Corinthians 5:17 – Therefore, if anyone is in Christ, he **is** a **new creation**. The old has gone, the **new has come!**

For those who have *already received* Jesus Christ as Lord and Savior (most of you) we still have areas to grow in.

If you have *not yet* received Jesus Christ as Savior, Start here!

John 5:24 – Jesus wants you to trust in His Word, have eternal life and will not be condemned. He has crossed over from death to life.

Simply admit that you need Him, His forgiveness. Invite Jesus into your life, you can do that right now.

(Pray)

If you've received Jesus for the first time, tell someone about it.