

Scripture: Galatians 5:16-26

Text: Roman 8:13

Singing: 420:2, 3 – 68:1-4 – 166:1-4 – 353:1-3

Intro: A believer's debts are paid (Col. 2:13-14) yet they are debtors (Rom 8:12)!

THE BELIEVER'S GUIDE TO SPIRITUAL HEALTH

I. What is spiritual health? II. What is God's the direction for spiritual health?

I. What is spiritual health?

A. Spiritual health is captured in phrase: *ye shall live*

1. But how can this be true for those who are already saved? (Rom. 8:1-11)

B. God is not speaking here about '*spiritual live vs. spiritual death*'

1. He speaks about '*living vs. living well*' (Romans 8:5-6)

C. God is a wise administrator in all spheres of life

1. God's hand provides and upholds every creature: Acts 17:25b, 28a

a. yet He commands us all *to live well by using His gifts and following His directions* to experience His blessings

2. God's hand also provides and upholds every saved sinner (Phil. 2:12-13)

a. the beginning of our spiritual life *like our creation: monergistic*

b. yet health and growth of spiritual life is *like natural life: synergistic*

● *if we (believers) live after the flesh, we shall die*: Rom 8:6, 13a

● *if we (believers) live after the spirit, we shall live*: Rom. 8:6, 13b

