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 bout '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

II. What is God's direction of attain to this spiritual health?

- A. God exhorts His children are to make it their chief business to mortify the flesh
 - 1. the 'old indwelling nature' remains (Romans 7:18-24; 8:7)
 - a. carnal mind seeks to push us to carnal deeds (Gal. 5:16; 1 John 2:15)
 - 2. all these evils of our old flesh, we need to mortify
- B. How is this to be done?
 - 1. through the Spirit: who dwells within (9) leads you (14)
 - a. He is the secret Enabler
 - b. He is received by faith in Jesus: Gal. 3:1-3; John 7:37-38; Acts 2:28
 - 2. through our obedience to the Spirit
 - a. The Holy Spirit speaks in/to us (through His Word) and He calls us to act in obedience
 - b. Ignoring His 'speaking' grieves the Spirit: this brings 'death'

Close: The believer's call: *Be killing sin or it will kill you!* (John Owen) A. Consider Paul's inspiring example: Acts 24:16; 1 Cor. 9:27

- B. Mortifying the flesh is only possible as we look in faith to Jesus (Gal. 2:20)
- C. Those living apart or away from Jesus live a hopeless life (Eph. 2:12)
 - 1. If we remain apart from Christ in unbelief, then there is no promise of life
 - 2. Yet the Greater David is still welcoming and receiving sinners (1 Sam. 22:2) The God of our fathers raised up (provided) Jesus, whom ye slew and hanged on a tree. has God exalted with His right hand to be a Prince and Savior, for to give repentance to Israel and forgiveness of sins. Acts 5:30-31