

# Cultivating Spiritual HEALTH

How to prevent apostasy and error; 1 Timothy 4:6-16 Chris Mueller 01-07-2018

Introduction:

## #1 E \_\_\_\_\_ Godly Food

*6 In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the sound doctrine which you have been following. 7 But have nothing to do with worldly fables fit only for old women*

## #2 E \_\_\_\_\_ to develop Godliness

*7b On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. 9 It is a trustworthy statement deserving full acceptance. 10 For it is for this we labor and strive, because we have fixed our hope on the living God, who is the Savior of all men, especially of believers.*

JO Saunders: Spiritual ends can be achieved only by spiritual men who employ spiritual methods

Proverbs 25:28 *A man without self-control is like a city broken into and left without walls*

1 Corinthians 9:27 *I discipline my body and make it my slave...*

## #3 E \_\_\_\_\_ the DO's and DON'TS of Godly exercise

1<sup>st</sup> Pressing the priorities

*11 Prescribe and teach these things.*

**2<sup>nd</sup> Aging is not the issue, \_\_\_\_\_ is**

**12** *Let no one look down on your youthfulness, but rather in speech, conduct, love, faith and purity, show yourself an example of those who believe.*

**Hebrews 13:7** *Remember those who led you, who spoke the word of God to you; and considering the result of their conduct, imitate their faith.*

**3<sup>rd</sup> Saturating your flock with God's Word**

**13** *Until I come, give attention to the public reading of Scripture, to exhortation and teaching.*

**4<sup>th</sup> Functioning the way God \_\_\_\_\_ you**

**14** *Do not neglect the spiritual gift within you, which was bestowed on you through prophetic utterance with the laying on of hands by the presbytery.*

**5<sup>th</sup> Positioning is not the issue, progressing is**

**15** *Take pains with these things; be absorbed in them, so that your progress will be evident to all*

**#4 E \_\_\_\_\_ in what's MOST important**

**16** *Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you.*

a. D \_\_\_\_\_ on good Teaching

b. DISCIPLINING for war

c. D \_\_\_\_\_ an intimate relationship

**John 17:3** *This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.*

d. DISCERNING that delayed obedience is disobedience

e. D \_\_\_\_\_ try this at home

**QUESTIONS FOR GROWTH IN CHRIST**

1. Describe what an unhealthy church looks like, and describe what a healthy church looks like.
2. How does a Christian make a habit; how do they discipline themselves to regularly eat godly food?
3. What does it look like for a believer to discipline himself or herself to grow in godliness?
4. Which one of the do's and don'ts under point #3 above convicted you the most and why?
5. Why do some say that ministry is the cultivation of your own heart before God?
6. Why are so many churches unhealthy but do not know it?
7. What steps will you take this week to grow spiritually healthy individually and spiritually healthy corporately?

*Get the free audio or manuscript from today at [media.faith-bible.net](http://media.faith-bible.net) and the FBC Church APP or pick up today's message on a free CD at the book table. Married couples, check out [marriagebythebook.online](http://marriagebythebook.online)*