"PRESCRIPTION FOR SPIRITUAL HEALTH"

INTRODUCTION

1. In **3 Jn 2**, John expresses his concern for Gaius' physical well-being... **3 Jn 2** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth
   a. Implied is the excellent status of Gaius' spiritual well-being.
   b. How about our spiritual health?

2. Spiritual vitality and strength are attained only through effort...
   a. Just like physical health requires a proactive approach to wellness.
   b. What is need to maintain a good level of spiritual health?

3. **Purpose:** To examine the Bible to determine the proper **"Prescription For Spiritual Health"**

I. A STRONG IMMUNE SYSTEM

1. **TO WARD OFF DISEASE...**
   a. Without a healthy immune system, relatively small threats can be deadly.
   b. Spiritually, how strong is our ability to withstand threats like:
      i. Temptation?
      ii. False teaching?
      iii. Persecution?

2. **TO FACE THE INEVITABLE...**
   a. Temptation and spiritual hardships are inevitable.
      i. We can't live in a bubble.
      ii. Going out of the world to avoid all contact with temptation is not possible.
         1. **Jn 17:15** "I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil."
         2. **1 Jn 5:18** "We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not."
   b. Spiritually speaking, we need to build up our resistance. **Jas 4:7** "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

3. **WITH A STRONG IMMUNE SYSTEM...**
   a. We will be able to take heed, lest we fall. **1 Cor 10:12** "Wherefore let him that thinketh he standeth take heed lest he fall."
   b. We will be able to live circumspectly. **Eph 5:15-17** "See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore
   c. We will be able to withstand the wiles of the devil. **Eph 6:10,11** "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, tha

II. REGULAR EXERCISE

1. **WE THRIVE ONLY WHEN ACTIVE...**
   a. This is true spiritually as well as physically.
   b. There is the danger of becoming spiritually "sluggish." **Heb 6:11,12** "And we desire that every one of you do show the same diligence to the full assurance of hope unto the e

2. **SPIRITUAL ACTIVITY IS NECESSARY...**
   a. We have been created to walk in good works. **Eph 2:10** "For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we shou
      i. There is work to be done. **Tit 3:8,14** "This is a faithful saying, and these things I will that thou affirm constantly, that they which have believed in God might be care
      ii. We have been saved in order to serve. **Matt 20:27,28** "And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be m
   b. Each of us individually has work to do. **1 Cor 12:6,7,18** "And there are diversities of operations, but it is the same God which worketh all in all. But the manifestation of the Sp
      i. We each need to exercise ourselves unto godliness. **1 Tim 4:7,8** "But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily e
      ii. We must work while there is time and opportunity. **Gal 6:9** "And let us not be weary in well doing: for in due season we shall reap, if we faint not." **Jn 9:4** "I must w
      iii. We can work most effectively within the framework of the local congregation!
         1. Fulfilling needed roles in evangelism, edification, benevolence.
         2. Such as personal work, teaching Bible classes, ministering to the sick.

III. PERIODIC REST

1. **ENERGIES AND RESOURCES NEED REPLENISHING...**
   a. When much productive work has been done, we need rejuvenation to continue.
      i. We must stop and sharpen the saw.
      ii. Otherwise we become exhausted, and suffer "burnout."
   b. Periods of rest were necessary for the Apostles in the Lord's ministry. **Mk 6:30-31** "And the apostles gathered themselves together unto Jesus, and told him all things, both w
      i. We are made such that we need some downtime.
      ii. There is value in periodic solitude, where we can meditate, reflect, rest.

2. **WE FUNCTION BEST ALTERNATING WORK AND REST...**
   a. Spiritually, as well as physically, the Lord designed us to function best within the round of cycles and seasons that alternate between work and rest
   b. The Lord Himself took time to be alone, to pray. **Mk 1:35** "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there pra

3. **SPIRITUAL REST DOESN'T MEAN DOING NOTHING...**
   a. It means doing something different that will refresh and restore our energy for work
   b. It allows time for quiet prayer and Bible study
      i. Releasing anxiety and enjoying the peace of Christ. **Phil 4:6-7** "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requ
      ii. Feeding our minds with things of virtue and good report. **Phil 4:8-9** "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things

IV. A HEALTHY DIET

1. **PROVIDING SPIRITUAL NOURISHMENT...**
   a. We do not live by bread alone, but by the Word of God. **Matt 4:4** "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth
   b. The Lord's words are the words of life. **Jn 6:63,68** "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."
   c. We grow by virtue of the pure milk of the word. **1 Pet 2:2-3** "As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the

2. **AVOIDING SPIRITUAL JUNK FOOD...**
   a. The Bible refers to that which is "sound doctrine" (lit., healthy teaching) **Tit 2:1** "But speak thou the things which become sound doctrine:"
   b. There is also that which is opposite "sound doctrine"
   c. Anything, which teaches contrary to the blessed gospel. **1 Tim 1:9-11** "Knowing this, that the law is not made for a righteous man, but for the lawless and disobedient, for the
   d. Which may appeal to those with "itching ears." **2 Tim 4:2-4** "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.

CONCLUSION

1. The **"Prescription For Spiritual Health"** is a simple one...
   a. A Healthy Diet
   b. Periodic Rest
   c. Regular Exercise
   d. Which together builds A Strong Immune System

2. If we follow this prescription, our spiritual health and progress will be evident - **1 Tim 4:11-16** "These things command and teach. Let no man despise thy youth; but be thou an examp
   a. Saving not only ourselves
   b. But blessing those around us as well (infecting them with good health!)
3. **Psa. 103:1-5** "Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities