

How To Be Spiritually Healthy

Part 2

1 Corinthians 3:3-4



1 Corinthians 3:3-4

11/1/20; Grace Church of Lockeford

1 Peter 2:2

Carnal – σάρκινος (sarkinos)

We need to learn 3 characteristics of a Spiritually healthy person.

Why?

Because a healthy Christian is a useful Christian and a useful Christian is fulfilled, happy, and content.

1. A Spiritually Healthy Person Is Maturing v. 1

- a. You have the Spirit v. 1a

The fruit of the Spirit comes only as we submit to the Spirit.

- b. You are growing v. 1b

A spiritually growing person produces spiritual fruit.

2. A Spiritually Healthy Person Eats Healthy vv. 2-3

- a. Have proper nutrition v. 2

- The natural progression of the believer is from immaturity to maturity.

- The natural progression of the believer is from easily grasped truth to truth that is difficult to understand.
- The natural progression of the believer is facilitated by accurate Bible interpretation.
- The natural progression of the believer is determined by the practice of discernment.

Spiritual growth requires the practice of Biblical truth.

b. Don't eat _____ v. 3

[1 Peter 2:1-3](#)

_____ is impossible when poison is present.

3. A Spiritually Healthy Person Seeks _____ v. 4

a. Avoid intentional _____ v. 4a

[Ephesians 4:1-6](#)

Learn to _____ unity.

b. Be filled with the _____ v. 4b

[Romans 12:9-21](#)

When we are Spirit-filled there is no _____ for disunity.

COMMITMENT:

Spiritual health begins with the presence of the Holy Spirit.

Spiritual health continues as we get into the Word.

Spiritual health results in unity and growth.

Take the _____ necessary to be Spiritually healthy.