

"A Prescription for Spiritual Health"

INTRODUCTION

1. We are bombarded in the media with many cures or relief for physical ailments.
2. Today, the emphasis in our society is about squeezing out more time to live a healthy physical life, but little attention and focus is given to the more important issue of spiritual health and wellness.
3. In 3 Jn 2, John expresses his concern for Gaius' physical well-Being. Implied is the excellent status of Gaius' spiritual well-being 4. Let's take a look at the Great Physician's "PDR" (physician's desk reference, i.e., the Bible) and see if we can't come up with a "Prescription For Spiritual Health." Both physical and spiritual health need:

DISCUSSION

1. A strong _____ system (Jn. 17:15; Ja. 4:7)
WITH A STRONG _____ SYSTEM:
 - a. We will be able to _____, lest we fall - 1 Co. 10:12
 - b. We will be able to live _____ - Ep. 5:15-17
 - c. We will be able to withstand the _____ of the devil – Ep. 6:10,11
2. Regular _____. (*Hb. 6:11,12; Ep. 2:10; Ti. 3:8,14; Mt. 20:27,28; 1 Co. 12:6,7,18; 1 Ti. 4:7,8; Ga. 6:9;*)
3. Periodic _____. (*Mk. 6:30-31; Lk. 5:16; Ph. 4:6-7; Ph. 4:8-9*)
4. A healthy _____. (*Mt. 4:4; Jh. 6:63,68; 1 Pe. 2:2-3; Ti. 2:1; 1 Ti. 1:9-11; 2 Ti. 4:2-4*)

CONCLUSION

1. The "Prescription For Spiritual Health" is a simple one that works together.
2. If we follow this prescription, our spiritual health and progress will be evident - 1 Ti. 4:11-16
3. If we are overcome by the disease of sin, then look to Him who provides spiritual healing and renewal – Ps. 103:1-5