

# Spiritual Vitality

Sunday Morning, January 17, 2016

## Introduction:

"I've been a Christian longer than you have."

Some that have been a Christian for a very short time can be more mature than those that have been Christians for years! Why is that so? We must have a desire for spiritual vitality.

## I. Steps Towards Spiritual Vitality

1. Recognize that God desires respect and obedience.
2. Know that God disciplines us because He loves us.
3. Learn that God produces holiness, righteousness and peace in our lives through discipline.
4. Spiritual vitality comes by Christians yielding their lives to the hand of God by giving Him respect and obedience.

Consider:

1

(Flip) 

## (Hebrews 12: 7 – 12)

7 If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?

8 But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.

9 Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live?

10 For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness.

11 Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

12 Therefore strengthen the hands which hang down, and the feeble knees,


## II. Spiritual Vitality Comes By Being Completely Dependent on the Father!

### (Hebrews 5: 7 – 11)

7 who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and tears to Him who was able to save Him from death, and was heard because of His godly fear,

8 though He was a Son, yet He learned obedience by the things which He suffered.

9 And having been perfected, He became the author of eternal salvation to all who obey Him, *(more on back)*

2 (Turn Inside Out) 

10 called by God as High Priest "according to the order of Melchizedek,"

11 of whom we have much to say, and hard to explain, since you have become dull of hearing.

Vs 7 - "who" - i.e. Jesus  
prayers, supplications, cries and tears.

**(Matthew 26: 39 & 42)**

39 He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

42 Again, a second time, He went away and prayed, saying, "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done

Vs. 8 -

He (Jesus) learned obedience through suffering

"Learned" - greek – matheo - to learn, understand

Example: Math equation must be learned or understood to gain a correct answer.

Jesus (as a man) completely depended on the Father to learn or understand His perfect Will.

Vs 9 -

Through obedience Jesus accomplished the Father's Will for Him, to provide the way of salvation.

### III. The Result of Desire or the Non-Desire for Spiritual Vitality

**(Hebrews 5: 12 – 14)**

12 For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food.

13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe.

14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

#### A. Non- Desire for Spiritual Vitality

1. Produces spiritually dull hearing. (vs 11)

2. Restricts spiritual accomplishment (vs 12)

3. Requires repetitive teaching (vs 12)

4. Misses out on the deeper truth of God and therefore, a deeper relationship with God.

(vs 12)

5. Becomes unskilled in the Word of Righteousness. (vs 13)

#### B. Desire for Spiritual Vitality

"Are full of age" - (vs 14)

perfected  
completed  
mature

In Christ



Use their senses (perceptions) exercised to discern both good and evil.

To discern what is good and evil in God's eyes is to know Him and the life He gives us!

**Conclusion:**

Have the Desire to Age Well in the Lord by  
Continually Seeking Spiritual Vitality in Your Life.

Let me end by quoting an excerpt from  
Pastor Rolland Hill's sermon in 1823:

"Brethren time passes very quickly. We are no beginning a new year -- which of us will be alive when the year is concluded? The days of my pilgrimage must be nearly ended...But my dear brethren, we never begin to live till we live to God. I remember once seeing an old man, I suppose he must have been 70 or 80 years of age; and I asked him how old he was. He looked at me for a time, and faltered in his voice, the tears trickling down his cheeks; say he, 'I am two years old.' 'Two years old?' 'Ah, sir,' says he, 'till a little time ago I lived the life of a dead man; and I never knew what life was till I met with the life which is hid with Christ in God.'"