

SPIRITUALLY MINDED

Int.

1. Aim: To show the meaning of what spirituality is all about.
2. Texts
 - a. Gal. 6:1 "Ye which are spiritual..."
 - b. Rm. 8:6b "...to be spiritually minded is life and peace"
3. There is much confusion as to what it means to be spiritual
 - a. It is sometimes said that "this worship period was certainly not very spiritual or it was very spiritual."
 - b. The same is said about certain individuals "he is a spiritual man"
 - c. These statements and charges (can be true at some times) but are often untrue because the people involved do not understand what the Bible teaches about being spiritual.
4. We will notice:
 - a. Mistaken ideas of spirituality
 - b. The Biblical idea of spirituality
 - c. And how to improve our spirituality

Discussion

I. MISTAKEN IDEAS ABOUT BEING SPIRITUAL

- A.** Here are some examples of statements which illustrate mistaken ideas
1. "He must be deeply spiritual because when he prays and talks he seems to be emotionally close to the Lord".
 2. "I don't feel close to the Lord. My life must not be spiritual enough. I just don't get much out of church services. They lack spirituality."

3. "I really like to worship with my friends in our living room. They are so spiritual. I get more out of spiritual people. "

B. Being spiritual is not:

1. Being more emotional in our prayers than the average person.
2. Feeling ecstatically on cloud 9 during the eleven o'clock worship hour.
3. Dimming the lights, holding hands in a circle, constantly changing the order of worship services, and a lot of loud emotional participation with many amens and praise the Lord's.

C. These things appeal to the physical.

1. They appeal to the emotions, the feelings, the sensational and sometimes even to the sensual.
2. These things refer to having an emotional radiant inner-glow
3. These things are nothing more than artificial stimulation - emotionalism, and showmanship
4. Paganism is strong in these areas, but is not spiritual. Denominationalism is strong in these emotional and physical reactions, but they are not spiritual.
5. We can become emotional about some movie, or a song, or some story we have read, but that is not the same as being spiritual.
6. Many of those who talk about spirituality know very little about what God says being spiritual really means.
7. There is quite a contrast between this false view and the N.T. view of spirituality.

II. THE BIBLICAL IDEA OF SPIRITUALITY

A. What is true spirituality?

1. It is walking by the Spirit - Gal. 5:25 "If we live in the Spirit, let us also walk in the Spirit."
2. Minding the things of the spirit [Rm.8:5] which means walking by the written word
-I Cor. 2:10,12,13
3. Acknowledge what the Bible says -I cor. 14:37 "If any man think himself to be a prophet, or spiritual, let him acknowledge that the things that I write unto you are the commandments of the Lord."
4. Involves faithfulness - Gal. 6:1 Rm. 12:1
5. Results in the fruits of the spirit -Gal. 5:22
6. In worship it requires sincerity and truth - Jn. 4:24
7. One that is spiritual is able to receive the meat of God's teaching - I Cor. 3:1

B. Spirituality is the direct opposite of carnality

1. Scriptures show this
 - a. Rm. 8:5-6
 - b. Gal. 5:16-17
 - c. I Cor. 3:1
2. Being carnally minded is to devote or mind and energies to creature comforts. It is to live life without Divine Revelation.
 - a. He follows his own instincts.
 - b. His affections are on things of the earth.
 - c. He lives only for right now.

d. He loves all that is in the world - I Jn. 2:16

3. Spirituality is just the opposite of carnality

a. We devote our minds and efforts to the eternal matters (soul)

b. We follow Divine Revelation -not our own instincts

c. Our thoughts and affections are on things above-Col.3:2

d. Paul says that a person who is spiritual"looks not at the seen but the unseen."

II Cor.4:18

e. His life is not mastered by the lust of the flesh, the lust of the eye or the vainglory of life."

C. Spirituality is the direct opposite of worry.

1. Those who are spiritual have their affections set on Heaven and look for that which is unseen, and therefore does not worry about material things.

a. Mt. 6:33

b. Heb. 13:6 "The Lord is my helper, and I will not fear what man shall do unto me."

2. The spiritually minded person does not faint and give up in the midst of problems.

a. II Cor. 4:8,9

b. He does not wring his hands and give up! He does not loose heart and faint!! He does not become bitter and resentful!!

c. Spirituality matures a person to help them overcome anxiety and fear.

d. "But though our outward man perish, yet the inward man is renewed day by day." II Cor.4:16

III. HOW TO IMPROVE OUR SPIRITUALITY

A. It is a gradual process

1. It does not happen overnight
2. Heb. 5:12 "when for the time..."
3. We have instant coffee but not instant spirituality
4. It takes time to develop the Christian graces - I I Pet.1:5-7

B. There must be HUMILITY

1. Mt. 5:3
2. We sing "O To be Like Thee Blessed Redeemer"
3. Then we will hunger and thirst after righteousness

C. LOVE OF GOD'S WORD

1. I Pet. 2:1-2 desire the word=growth
2. I Jn. 2:14 "...I have written unto you, young men, because ye are strong, and the word of God abideth in you."
3. Spirituality pertains to the inner man and its development
 - a. Eph.3:16 Paul prayed that we "be strengthened with might by his spirit in the inner man."
 - b. When we are controlled by the spirit of God we have real spirituality.
 - c. The word of God is that which gives us this strength - Eph. 6:17

D. We mortify the flesh

1. Jas. 1:21
2. Eph. 4:22-24 -put off then put on
3. Spirituality can never be acquired when we make provision for the flesh and fulfill the lust thereof - Rm. 13:14
4. Rm. 8:12-13 - spirituality and carnality do not grow in the same garden.

E. Prayer

1. Spiritual growth is impossible without prayer.
2. Mt. 6:6
3. Do not get too busy to pray - or you will not grow spiritually!

Conclusion

1. Spirituality is not a physical, emotional reaction
2. Instead it is a way of life - it is abiding by God's instructions and growing the Christian graces.
3. True spirituality is not reaching some emotional peak when talking about Jesus! No human can always maintain a high emotional level.
4. True spirituality is an attitude toward regular things of life and desiring to please God in all of them!

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