

Spiritual Vitamins

Int.

1. Aim: To discuss some spiritual vitamins needed to keep us healthy spiritually.
2. III John 2 NKJV "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
 - a. Vitamins are important for the body to be healthy
 - b. In 1911 a Polish Scientist discovered a cure for BeriBeri.
 - i. The cure was a substance in rice, which is now called Vitamin B1.
 - ii. He named it Vita Amine. Vita = Life Amine = name of the nitrogen compound.
 - iii. Later the term was shorted to Vitamin. Much has been learned about vitamins since then.
 - c. Vitamins are necessary for growth and development of the body
 - d. Lack of vitamins can damage the body - sickness
 - e. R.D.A. = Recommended Dietary Allowances ---- "In the United States a Food and Nutrition Board was established for the purpose of determining vitamin and mineral requirements. This board is composed of distinguished scientists and nutritionists and is under the auspices of the National Research Council of the National Academy of Sciences. Since 1940 the board has periodically prepared a brochure listing the "Recommended Dietary Allowances" (RDA) of vitamins and other nutrients, based on existing knowledge."
3. "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." III John 2 ESV

4. Spiritual vitamins are necessary for our spiritual health
 - a. Eph. 6:10 "Finally, my brethren, be strong in the Lord, and in the power of his might."
 - b. II Cor. 4:16 "For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."
 - c. Deficiencies show up in our spiritual life - 1 Cor. 11:30 - people get weak spiritually and eventually die.
 - d. The great Physician prescribes the following vitamins....

Discussion

I. VITAMIN A = ATTENDANCE

A. Benefits

1. See card "10 Reasons Why I should attend" - Attendance
2. The following verses give us information about attending:
 - a. Heb. 10:25 "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." ESV "not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."
 - b. Acts 20:7 "And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight."
 - c. 1 Cor. 16:1-2 "Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so do ye. 2. Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come."

d. Acts 2:42 "And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers."

3. Can't take an overdose of attendance.
4. Sunday morning Worship is not a weekly minimum requirement

B. Results of negligence

1. Spiritual sickness
2. Easily overcome by the germs of Satan - Jas. 1:14 "But every man is tempted, when he is drawn away of his own lust, and enticed."
3. Deficiency may cause blindness - 2 Pet. 1:5-9 NKJV v. 9 "For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins."
 - a. See only what is near - near sighted
 - b. Spiritually deficient man is able only to see things around Him
 - c. He cannot see by faith into the future and see the gate of life eternal
 - d. Lack of fellowship and love for one another

C. Church attendance will help us to be stronger and healthier spiritually.

1. Lack of attendance is a sign of failing spiritual health.
2. III John 2 NKJV "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

II. VITAMIN B = BIBLE STUDY

A. Benefits

1. Mt. 4:4 "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."
2. II Pet. 3:18 - continuous growth "But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."
3. 1 Pet 2:2 - milk for babes "As newborn babes, desire the sincere milk of the word, that ye may grow thereby:"
4. Acts 20:32 - builds us up "And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified."
5. Ps. 119:11 "Thy word have I hid in mine heart, that I might not sin against thee."
"I have stored up your word in my heart." ESV

B. Results of negligence

1. Not able to teach and do not want to teach - Heb. 5:12-14
2. Not strong, won't fight for the cause of Christ, can't defend the faith = like a baby - Eph. 4:14 "That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;"
3. Tired Christians - complain of their duties, unhappy Unable to overcome the world - Anemic Christians - Applies to all - new converts and older Christians
4. We need Bible study all of our life - we never outgrow the need for vitamins
5. III. "BIBLE STUDY" "Importance of Studying"

6. Mt. 5:6 "Blessed [are] they which do hunger and thirst after righteousness: for they shall be filled."

III. VITAMIN C = CHRISTIAN SERVICE

- A. Foundation of character is service in the church.
 1. Source of true happiness is Christians at Work for the Lord
 2. Gal. 6:10 "As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith."
 3. Eph.2:10 "For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them."
 4. Every Christian is to be a specialist in this - Mt. 25:14 "For [the kingdom of heaven is] as a man traveling into a far country, [who] called his own servants, and delivered unto them his goods."
- B. Results of negligence
 1. Mt. 5:13 "Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men."
 2. Minimum daily requirement not established
 3. Some vitamins aren't stored in the body, hence a daily intake is necessary
 4. We cannot rest on our past work - Phil. 3:13-14 "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, 14. I press toward the mark for the prize of the high calling of God in Christ Jesus."
 5. NKJV "I press toward the goal"

IV. VITAMIN D = DAILY PRAYER

A. Benefits

1. Body - Vitamin D = prevention of rickets - called the sunshine vitamin
2. This vitamin is not a substitute for any of the others
3. Daily prayer is communion with the sunlight of God's love
4. 1 Thes. 5:17 "Pray without ceasing."
5. 1 Jn. 5:14 "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:" "He hears us" - NKJV
6. Ill. "Strange Voices" Prayer

B. Results if neglected

1. Susceptible to Sin - Mt. 26:41 "Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak."
2. Jas. 4:2 "Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not." "You do not ask" - NKJV
3. Prayerless Christians show it by a lack of interest in the church

V. VITAMIN E = EXCLUSION FROM THE WORLD

A. Scriptures -- Excluded, separated

1. Rom. 12:1-2 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."
2. I Cor. 10:12-13 "Wherefore let him that thinketh he standeth take heed lest he fall. 13. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."
3. 1 Jn. 2:15-16 "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. 16. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world."

B. Quarantined

1. People with very contagious diseases are kept away from others
2. Polio - Leprosy - T.B.
3. Isolation for protection of those not infected

C. Results of negligence

1. How little some care for their spiritual health
2. Think they are immune to sin
3. 1 Cor. 15:33 ASV "Be not deceived: Evil companionships corrupt good morals."
 - a. Do not be led away and deceived
 - b. Contact or association with evil companions will corrupt us
 - c. "There were two dry logs of wood, and one green log; but the dry logs burnt up the green log."
 - d. They who have company with bad or corrupt men will soon be as they are!
 - e. Evil - good for nothing or bad
 - f. One bad apple spreads rot among many others.
 - g. There isn't a Christian so strong he can walk through fire and not be burned!
Fire burns and evil corrupts
 - h. A defensive army seldom wins. Take the offensive against evil and put it on the run

CONCLUSION

1. III John 2 ESV "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul"
 - a. What kind of spiritual health do you have?
 - b. If your physical health compared to your spiritual health where would you be at this time?
2. If your body lacks vitamins you are in ill health
3. If your soul lacks these spiritual vitamins you are in danger of death - hell
4. Why not take whole bottle and get it in one big Dose?

5. Lk. 9:23 --- give our life daily to Christ!!! "And he said to [them] all, If any [man] will come after me, let him deny himself, and take up his cross daily, and follow me."

6. Take these vitamins:

A = Attendance

B = Bible Study

C = Christian Service

D = Daily Prayer

E = Exclusion

Sermon by Arthur Pigman - Sunday Morning Jan. 11, 2009
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