

Remember Your Spiritual Well-Being

Series: Remember

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Someone ever tell you “You need to take better care of yourself?” Or someone says, “I just forget to eat right, or take my medicine, or get enough sleep, or go to the doctor for checkups, or exercise,.....” Is life so busy that we forget self-maintenance? Of course we can take that too far, and our lives are consumed with “ME” and what I need to be perfect.

Remember we are body, soul and spirit, and each part of us requires attention to keep us functioning as God intended. Self-care done according to God’s word is healthy. In fact when we care for ourselves we are better able to care for others longer. What I fear is that many Christians do not know what spiritual well-being looks like, and therefore, do not know how to maintain that well-being. This message is about remembering to take care of our spiritual lives.

2 Peter 1:3-11, 3 His divine power has given us **everything we need** for a godly life through our knowledge of him who called us by his own glory and goodness. 4 Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. 5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, **forgetting that they have been cleansed from their past sins.** 10 Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will **never stumble**, 11 and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

Take-Aways:

- God has supplied our needs for spiritual growth and well-being.
- God makes promises that his program will work. (Never stumble/rich welcome)
- God prepares us for participation (not the sidelines)
- God protects us from harmful and corrupting influences.
- We must make the effort too to add all the attributes needed for spiritual well-being

- Increasing in these attributes daily will make us productive and effective
- How do we fail in this prescribed regimen?
 - By simply not seeing the importance of it
 - By forgetting this is the reason we were forgiven

Spiritual Well-Being Essentials:

- **Don't Look Back.** Luke 17:20-37 is about the days after Jesus suffered when Jesus is revealed in judgment of Israel, which happened in AD 70 when the Romans destroyed Jerusalem. He compares the time to Noah's flood and the destruction of Sodom during Lot's day. In all three cases when God told them, Noah's family, Lot's family, and the Christians in Jerusalem to run, they were to do just that-don't go back for anything, don't try to save your own life-just RUN-move, get out. Then he says "**REMEMBER LOT'S WIFE.**" What did she do? She looked back. If we are going to be okay spiritually we must not look back.
- **Heed the Warning.** Acts 20:31 as Paul was talking to the Ephesian elders he said, "*So be on your guard! **REMEMBER** that for three years I never stopped warning each of you night and day with tears.*" Every year when I would see my doctor and he would go over my blood work he would warn me that my cholesterol was too high-and that I was at risk of heart disease. He encouraged better diet, exercise, and medication to lower the risk. Suppose I had a survival stroke due to clogged veins. What would I say to my doctor? What would he say to me? "I told you so..."
- **Sow Generously.** Paul gave this general truth in 2 Cor.9:6: "**REMEMBER THIS:** *whoever sow sparingly will also reap sparingly, and whoever sows generously will also reap generously.*" Too many give the maintenance of spiritual well-being "a lick and a promise." You get out what you put in. You cannot gain spiritual maturity and growth unless you invest in it. If you are weak spiritually it is probably because you are sowing sparingly: little prayer, little Bible study, little meditation, little fellowship, little giving, little encouragement given and received. If you want a bigger crop, then sow more seed. If you want more muscle, lift more weights. If you want more cardio health, walk or run more. No pain, go gain.
- **Persevere:** The Hebrew writer had much to say about not quitting, staying the course, and not drifting away. Heb.10:32-39, 32 **REMEMBER** *those earlier days after you had received the light, when you endured in a great conflict full of suffering. 33 Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. 34 You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. 35 So do not throw away your confidence; it will be richly rewarded. 36 You need to persevere so that when you have done the will of God, you will receive what he has promised. 37 For, "In just a little while, he who is coming will*

come and will not delay.” 38 And, “But my righteous one will live by faith. And I take no pleasure in the one who shrinks back.” 39 But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved. Enthusiasm for anything dissipates over time. Look at what this writer warns against losing:

- **Endurance of conflict in suffering**
 - **Standing side by side with others**
 - **Confidence**
 - **Doing the will of God**
 - **Living by faith**
- **What You Have Heard:** *You know what happens. We hear a message from God, and we may even be convicted about change, and then a few days later it is as if we had never heard it. This is why it is so important to act when we hear. James 1:22-25 says, 22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and **immediately forgets** what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—**not forgetting** what they have heard, but doing it—they will be blessed in what they do.* This is a serious problem in the maintenance of well-being. Hear this: JESUS EXPECTS US TO REMEMBER. Listen to what he told the church at Sardis in Revelation 3:1-3, 1 “To the angel of the church in Sardis write: These are the words of him who holds the seven spirits of God and the seven stars. I know your deeds; you have a reputation of being alive, but you are dead. 2 Wake up! Strengthen what remains and is about to die, for I have found your deeds unfinished in the sight of my God. 3 **Remember**, therefore, what you have received and heard; hold it fast, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you.

Our well-being begins with obeying the gospel. Our response to the death, burial, and resurrection of Jesus has a beginning and a daily response. It is a response of faith, repentance and baptism. Do not stand before God one day and tell Him you forgot to believe in His Son, or that you forgot to repent of your sins, or that you just kept forgetting to be baptized to wash your sins away. He will say it is too late to REMEMBER.