

The Spiritual Fitness Formula

1 Thessalonians 5:16-22

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1 Thessalonians 5:16-22

¹⁶ Rejoice always; ¹⁷ pray without ceasing; ¹⁸ in everything give thanks; for this is God's will for you in Christ Jesus. ¹⁹ Do not quench the Spirit; ²⁰ do not despise prophetic utterances. ²¹ But examine everything *carefully*; hold fast to that which is good; ²² abstain from every form of evil.

A. God's will is that we exercise the privileges of our union with Christ.

Matthew 11:28-30

²⁸ "Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. ³⁰ For My yoke is easy and My burden is light."

1 Thessalonians 5:16-18

¹⁶ Rejoice always; ¹⁷ pray without ceasing; ¹⁸ in everything give thanks; for this is God's will for you in Christ Jesus.

Always, continually and in everything:

1. Taking joy in the triumph of our salvation.

Nehemiah 8:8-12

⁸ They read from the book, from the law of God, translating to give the sense so that they understood the reading. ⁹ Then Nehemiah, who was the governor, and Ezra the priest *and* scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn or weep." For all the people were weeping when they heard the words of the law. ¹⁰ Then he said to them, "Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the LORD is your strength." ¹¹ So the Levites calmed all the people, saying, "Be still, for the day is holy; do not be grieved." ¹² All the people went away to eat, to drink, to send portions and to celebrate a great festival, because they understood the words which had been made known to them.

2 Corinthians 4:16-18

¹⁶ Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. ¹⁷ For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, ¹⁸ while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

2 Corinthians 5:5-8

⁵ Now He who prepared us for this very purpose is God, who gave to us the Spirit as a pledge. ⁶ Therefore, being always of good courage, and knowing that while we are at home in the body we are absent from the Lord— ⁷ for we walk by faith, not by sight— ⁸ we are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord.

2. Taking our burdens to our Savior.

Philippians 4:4-7

⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle *spirit* be known to all men. The Lord is near. ⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Psalms 37:7-11

⁷ Rest in the LORD and wait patiently for Him;
Do not fret because of him who prospers in his way,
Because of the man who carries out wicked schemes.
⁸ Cease from anger and forsake wrath;
Do not fret; *it leads* only to evildoing.
⁹ For evildoers will be cut off,
But those who wait for the LORD, they will inherit the land.
¹⁰ Yet a little while and the wicked man will be no more;
And you will look carefully for his place and he will not be *there*.
¹¹ But the humble will inherit the land
And will delight themselves in abundant prosperity.

Psalm 37:35-40

³⁵ I have seen a wicked, violent man
Spreading himself like a luxuriant tree in its native soil.
³⁶ Then he passed away, and lo, he was no more;
I sought for him, but he could not be found.
³⁷ Mark the blameless man, and behold the upright;
For the man of peace will have a posterity.
³⁸ But transgressors will be altogether destroyed;
The posterity of the wicked will be cut off.
³⁹ But the salvation of the righteous is from the LORD;
He is their strength in time of trouble.
⁴⁰ The LORD helps them and delivers them;
He delivers them from the wicked and saves them,
Because they take refuge in Him.

Psalm 37:23-26

²³ The steps of a man are established by the LORD,
And He delights in his way.
²⁴ When he falls, he will not be hurled headlong,
Because the LORD is the One who holds his hand.
²⁵ I have been young and now I am old,
Yet I have not seen the righteous forsaken
Or his descendants begging bread.
²⁶ All day long he is gracious and lends,
And his descendants are a blessing.

3. Bringing our **gratitude** in the **spirit of worship**.

Psalm 34:1-3

¹ I will bless the LORD at all times;
His praise shall continually be in my mouth.
² My soul will make its boast in the LORD;
The humble will hear it and rejoice.
³ O magnify the LORD with me,
And let us exalt His name together.

1 Thessalonians 5:19-22

¹⁹ Do not quench the Spirit; ²⁰ do not despise prophetic utterances. ²¹ But examine everything *carefully*; hold fast to that which is good; ²² abstain from every form of evil.

B. God's will is that we **don't minimize** the **Spirit** or **mess** with the **counterfeit**.

2 Timothy 1:6-7

⁶ For this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands. ⁷ For God has not given us a spirit of timidity, but of power and love and discipline.

1 John 4:1-6

¹ Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. ² By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; ³ and every spirit that does not confess Jesus is not from God; this is the *spirit* of the antichrist, of which you have heard that it is coming, and now it is already in the world. ⁴ You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world. ⁵ They are from the world; therefore they speak *as* from the world, and the world listens to them. ⁶ We are from God; he who knows God listens to us; he who is not from God does not listen to us. By this we know the spirit of truth and the spirit of error.