

The Spiritual Fitness Formula, Part 2

1 Thessalonians 5:16-24

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1 Thessalonians 5:16-24

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. ²³ Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. ²⁴ Faithful is He who calls you, and He also will bring it to pass.

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.

The Christian church is characterized by life in the Holy Spirit not just spiritual life.

A. God's will is that we don't:

1. minimize the Holy Spirit.

2 Timothy 1:6-11

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. ⁸ Therefore do not be ashamed of the testimony of our Lord or of me His prisoner, but join with *me* in suffering for the gospel according to the power of God, ⁹ who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, ¹⁰ but now has been revealed by the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, ¹¹ for which I was appointed a preacher and an apostle and a teacher.

2 Timothy 1:12-15

¹² For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day. ¹³ Retain the standard of sound words which you have heard from me, in the faith and love which are in Christ Jesus. ¹⁴ Guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to *you*. ¹⁵ You are aware of the fact that all who are in Asia turned away from me, among whom are Phygelus and Hermogenes.

- the abuse of spiritual activity isn't a reason to reject the authentic ministry of the Holy Spirit.

2. mess with spiritual counterfeits.

1 Thessalonians 5:21-22

²¹ But examine everything *carefully*; hold fast to that which is good; ²² abstain from every form of evil.

Jude 8-13

⁸ Yet in the same way these men, also by dreaming, defile the flesh, and reject authority, and revile angelic majesties. ⁹ But Michael the archangel, when he disputed with the devil and argued about the body of Moses, did not dare pronounce against him a railing judgment, but said, "The Lord rebuke you!" ¹⁰ But these men revile the things which they do not understand; and the things which they know by instinct, like unreasoning animals, by these things they are destroyed. ¹¹ Woe to them! For they have gone the way of Cain, and for pay they have rushed headlong into the error of Balaam, and perished in the rebellion of Korah. ¹² These are the men who are hidden reefs in your love feasts when they feast with you without fear, caring for themselves; clouds without water, carried along by winds; autumn trees without fruit, doubly dead, uprooted; ¹³ wild waves of the sea, casting up their own shame like foam; wandering stars, for whom the black darkness has been reserved forever.

Deuteronomy 13:1-5

¹ "If a prophet or a dreamer of dreams arises among you and gives you a sign or a wonder, ² and the sign or the wonder comes true, concerning which he spoke to you, saying, 'Let us go after other gods (whom you have not known) and let us serve them,' ³ you shall not listen to the words of that prophet or that dreamer of dreams; for the LORD your God is testing you to find out if you love the LORD your God with all your heart and with all your soul. ⁴ You shall follow the LORD your God and fear Him; and you shall keep His commandments, listen to His voice, serve Him, and cling to Him. ⁵ But that prophet or that dreamer of dreams shall be put to death, because he has counseled rebellion against the LORD your God who brought you from the land of Egypt and redeemed you from the house of slavery, to seduce you from the way in which the LORD your God commanded you to walk. So you shall purge the evil from among you.

- the allure of spiritual power can't supersede the revelation of the Holy Spirit.

B. God will faithfully see you to the finish line.

1 Thessalonians 5:23-24

²³ Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. ²⁴ Faithful is He who calls you, and He also will bring it to pass.

1. making you wholly His.
2. making you complete in Him.