

A Program for Good Spiritual Health
(3 John 1-4)

Introduction:

1. As He began his letter, John expressed a special wish on behalf of Gaius.
2. According to vs.3-4, John received a positive report concerning Gaius that brought him great joy.
3. We read John's wish for Gaius in vs.2 -- that he would prosper and be in good health, even as he prospered spiritually.
4. Today's bulletin contains an excellent article by Phil Sanders about good health.
5. Good health, physical or spiritual, is not achieved by accident.
6. In our lesson we are covering passages that reveal "a program for good spiritual health."
7. Let us begin by showing how . . .

Discussion:

- I. A PROGRAM FOR GOOD SPIRITUAL HEALTH INCLUDES PROPER DIET
 - A. Some helpful information is presented in 1 Peter 2:1-3.
 1. We must lay aside the sinful activities listed in vs.1 because they are harmful.
 2. Vs.2 teaches us to "*desire the sincere milk of the word.*"
 - a. To become God's children we must be born again (1:22-23).
 - b. By feasting upon the sincere milk of the Word, we will grow.
 - B. The Lord wants us to grow so we can eat strong meat (Hebrews 5:12-13).
 - C. To develop a desire for God's Word, we must realize:
 1. what it is -- inspired by God (2 Timothy 3:16a)
 2. how we benefit from it (2 Timothy 3:16b-17)
 3. that it is sweet (Psalm 119:103).
 - D. In John 4:34 Jesus revealed His diet -- doing the Father's will and finishing His work.
- II. A PROGRAM FOR GOOD SPIRITUAL HEALTH ALSO INCLUDES REGULAR EXERCISE
 - A. Some helpful information is presented in Acts 24:16.
 1. As Paul spoke before Felix, he mentioned his exercise plan.
 2. He wanted to always maintain a clear conscience toward God and men.
 3. To accomplish this he avoided harmful activities and he participated in good activities.
 - B. Additional information is presented in 1 Timothy 4:7-9.
 1. Things such as profane and old wives' fables are to be avoided -- they do not produce positive results.
 2. Rather, we are to exercise ourselves unto godliness.
 3. A comparison is made between physical exercise and godliness.
 - a. Physical exercise is profitable, but it is limited to this life.
 - b. Godliness is profitable unto all things -- it helps to prepare us for the life to come.
 - C. Let us consider Hebrews 5:14.
 1. We showed from vs.12-13 that the Lord wants His people to reach the point that we can feast upon solid meat.
 2. Meat is for those who have grown and matured.
 3. To grow and mature, we must have our senses exercised to be able to discern good and evil.

Conclusion:

1. In closing, let us consider David's request in Psalm 139:23-24.
2. Spiritually speaking,:
 - a. what kind of diet do you have?
 - b. what kind of exercise do you get?
3. With the Lord's help we can do the things we have studied, and they will help us to have good spiritual health.