

Keeping Ourselves Unspotted from the World (Lesson 33)

Introduction:

1. We learn from James 1:27 that "keeping ourselves unspotted from the world" is an important part of "pure and undefiled religion before God."
2. Let us thank God for revealing information in His Word that will help us to avoid being spotted by the world.
3. In this lesson we are concentrating on the role of good spiritual health that is achieved through proper nutrition and exercise.
4. The first point we need to make is that . . .

Discussion:

- I. PROPER NUTRITION IS ESSENTIAL FOR GOOD SPIRITUAL HEALTH
 - A. 1 Peter 2:1-3
 1. The Lord wants us to lay aside the sinful activities listed in vs.1.
 - a. We must avoid these activities because they are harmful (see 3:10-12).
 - b. Some enjoy these activities, but they do not result in good spiritual health.
 2. (vs.2) As newborn babes, we are to "desire the sincere milk of the word."
 - a. Christians have been born again (see 1:22-23).
 - b. By feasting upon the sincere milk of the Word, we will grow.
 - B. The Lord wants us to grow and mature so we can feast upon strong meat (Hebrews 5:12-13).
 - C. Proper nutrition is essential for good spiritual health.
- II. EXERCISE IS ALSO ESSENTIAL FOR GOOD SPIRITUAL HEALTH
 - A. Acts 24:16
 1. Paul was speaking before Felix the governor.
 2. In his speech Paul mentioned his exercise plan.
 3. He wanted to always maintain a clear conscience toward God and men.
 4. This included avoiding harmful activities and participating in good activities.
 - B. 1 Timothy 4:7-9
 1. Listening to profane and old wives' fables is a waste of time because it does not produce any positive results -- they are to be refused.
 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" [spiritual exercise] is profitable unto all things -- it helps to prepare us for the life to come.
 - C. Hebrews 5:14
 1. We already showed from vs.12-13 that God wants His children 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.
 - D. In addition to proper nutrition, regular exercise is essential for good spiritual health that will help us to remain unspotted from the world.