

LIVE BY THE SPIRIT

THEME VERSE – GAL 5:25 (NIV)

²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

PT 3: SPIRIT LIFE TRAINING

By Andrew Foo (10/4/16)

Scripture – 1 Tim 4:7-8 (GNT)

⁷ But keep away from those godless legends, which are not worth telling. Keep yourself in training for a godly life. ⁸ Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.

1. The end goal of spiritual training - Godliness

a. What is godliness?

- “Godliness is a devotion to God which results in a life that pleases Him.” – Jerry Bridges

b. The traits that distinguishes a spiritual person

- *Purpose*
- *Perspective*
- *Practices*
- *Power*

2. What is spiritual training?

a. The analogy of athletic training from New Testament Greek and Roman times

- “Train” (Gumnazo) – Rigorous and intense workout to achieve optimal fitness and peak performance

b. Key principles:

- It’s my personal responsibility
- It’s an ongoing process
- It involves some resistance
- It doesn’t contradict grace – 1 Cor 15:10 (Voice)

¹⁰ Today I am who I am because of God’s grace, and I have made sure that the grace He offered me has not been wasted. I have worked harder, longer, and smarter than all the rest; but I realize it is not me—it is God’s grace with me that has made the difference.

“People do not drift towards godliness. Apart from grace-driven effort, people do not gravitate towards godliness. We drift towards compromise and call it tolerance. We drift towards disobedience and call it freedom. We cherish the indiscipline of lack of self-control and call it relaxation. We slouch towards prayerlessness and deceive ourselves into thinking we have escaped legalism. We slide towards godlessness and convince ourselves we have been liberated by so called grace.” – D.A. Carson