

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 5: Training Our Spiritual Senses (I)

By Andrew Foo (15/5/16)

Scripture – Heb 5:14 (Expanded Bible)

¹⁴ *But solid food is for those who are ·grown up [mature]. ·They are mature enough [...who through practice/exercise have trained their faculties/senses] to know the difference between good and evil.*

1. Spiritual training → Spiritual maturity

- Cultivate awareness of the spirit realm
- Spiritual senses require training
- Spiritual discernment
- Spiritual diet

2. A) The 5 spiritual senses:

- Feeling/ touching
- Tasting
- Smelling
- Seeing
- Hearing

B) The sense of touch – Mk 5:25-32 (ISV)

²⁵ Now there was a woman who had been suffering from chronic bleeding for twelve years. ²⁶ Although she had endured a great deal under the care of many doctors and had spent all of her money, she had not been helped at all, but rather grew worse. ²⁷ Since she had heard about Jesus, she came up behind him in the crowd and touched his robe, ²⁸ because she had been saying, “If I can just touch his robe, I will get well.” ²⁹ Her bleeding stopped at once, and she felt in her body that she was healed from her illness.

³⁰ Immediately Jesus became aware that power had gone out of him. So he turned around in the crowd and asked, “Who touched my clothes?”

³¹ His disciples asked him, “You see the crowd jostling you, and yet you ask, ‘Who touched me?’” ³² But he kept looking around to look at the woman who had done this.