



## Thrive- How to Thrive Spiritually Luke 18:9-14

### Series Thoughts

God desires each of us to be BALANCED and GROWING in every area of our lives.

Arnold Classic- trying to have balance. Dominant vs non-dominant.

The imbalance of an area in our life WILL eventually affect all other areas.

**Thrive, at FCC** is a lifelong discipleship process of growing in spiritual, physical, emotional, and relational health by learning how to remain (abide) in Jesus and keep Him as our central focus.

### **As we look at Spiritual Health there really only 2 types of people.**

<sup>9</sup>To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable:

<sup>10</sup>“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup>The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. <sup>12</sup>I fast twice a week and give a tenth of all I get.’

<sup>13</sup>“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

<sup>14</sup>“I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

## **How to have/maintain Spiritual Health- Isn't that the question that we have? Especailly when Paul Says:**

*<sup>3</sup>Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. Ephesians 1:3*

### **1. Learning to deal with our SINFULNESS will determine how well we will thrive Spiritually.**

Have a RIGHT view of your sin and self.

*"For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18*

REJECTION of the things of the world.

*You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes James 4:4*

Make no provision for the FLESH.

*Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh. Romans 13:14*

Keep coming back to the Cross/Christ

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

*"When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. **He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.** Colossians 2:13-14*

Jesus does not intend for us to live by guilt and shame. Those two feelings are terrible task masters. If our sins are forgiven, then let us learn how we ought to live in Christ. It starts with us...

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16*

## **2. Understand the importance of our OBEDIENCE.**

Jesus desires our obedience more than ANYTHING.  
*To obey is better than sacrifice, and to heed is better than the fat of rams. 1 Samuel 15:22*

*Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father. Matthew 7:21*

Our Obedience is the way that we show our LOVE...  
*If you love me, keep my commands. John 14:15*

*Whoever has my commands and keeps them is the one who loves me... John 14:21*

*In fact, this is love for God: to keep his commands. And his commands are not burdensome. 1 John 5:3*

*And this is love: that we walk in obedience to his commands. 2 John 6*

...And our Obedience is the way that we ABIDE in Christ.  
*We know that we have come to know him if we keep his commands. Whoever says, 'I know him,' but does not do what he commands is a liar 1 John 2:3-4*

*If you keep my commands, you will remain in my love... John 15:10*

*"Delayed Obedience is the same as disobedience"*

### **3. Practice (Develop) SPIRITUAL Disciplines**

*"Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."*

*-Aristotle*

- Scripture Reading & Memorization
- Prayer & Fasting
- Serving
- Giving & Generosity

### **4. Commit to being a part of a Christian COMMUNITY.**

*<sup>4</sup>For just as each of us has one body with many members, and these members do not all have the same function, <sup>5</sup>so in Christ we, though many, form one body, and each member belongs to all the others. Romans 12:4-5*

*<sup>23</sup>Let us hold unswervingly to the hope we profess, for he who promised is faithful. <sup>24</sup>And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup>not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:23-25*

**REMEMBER, JESUS IS NOT COMING BACK JUST FOR YOU, BUT HE IS COMING BACK FOR HIS CHURCH.**