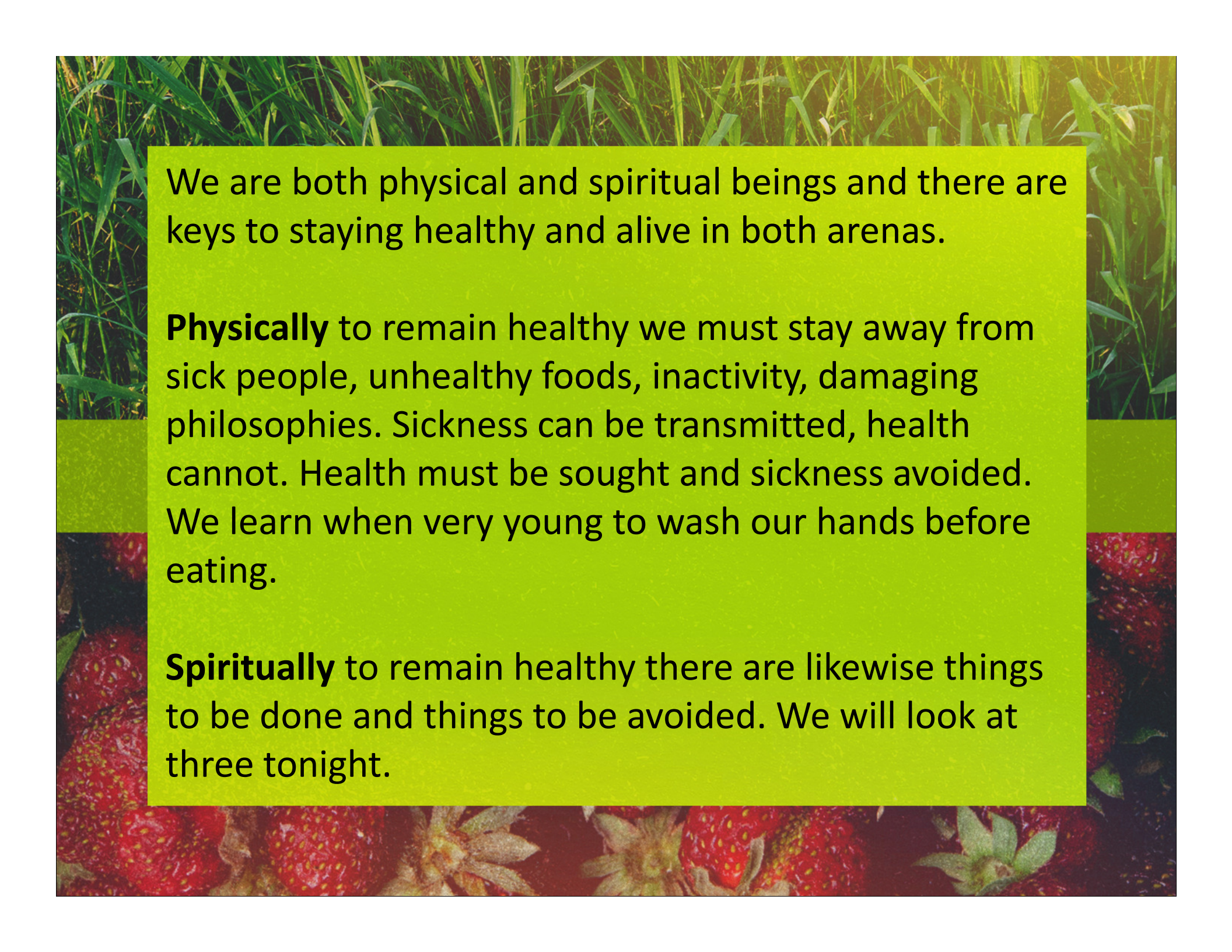




Staying Healthy





We are both physical and spiritual beings and there are keys to staying healthy and alive in both arenas.

Physically to remain healthy we must stay away from sick people, unhealthy foods, inactivity, damaging philosophies. Sickness can be transmitted, health cannot. Health must be sought and sickness avoided. We learn when very young to wash our hands before eating.

Spiritually to remain healthy there are likewise things to be done and things to be avoided. We will look at three tonight.



I. DESPISE NOT PROPHESYINGS.

1 Thessalonians 5:20 Despise not prophesying.

Despise: *exoutheneō*. To make of no account. “To regard as negligible, worthless, or distasteful.” **Webster**

Prophesying: *prophēteia*. A discourse emanating from divine inspiration and declaring the purposes of God, whether by reproving and admonishing the wicked, or comforting the afflicted, or revealing things hidden.

The background of the slide is a composite image. The top half features a close-up of vibrant green grass blades, while the bottom half shows a cluster of ripe, red strawberries with green leaves. A semi-transparent yellow rectangle is centered over the image, containing the text.

How is this done?

- By not listening.

Hebrews 12:25 See that ye refuse not him that speaketh. For if they escaped not who refused him that spake on earth, much more shall not we escape, if we turn away from him that speaketh from heaven.

- By not coming.

Hebrews 10:25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

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- By not reading.

2 Corinthians 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

- By not applying.

1 Corinthians 14:24-25 But if all prophesy, and there come in one that believeth not, or one unlearned, he is convinced of all, he is judged of all: ²⁵ And thus are the secrets of his heart made manifest; and so falling down on his face he will worship God, and report that God is in you of a truth.

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- By not trembling.

Isaiah 66:5 Hear the word of the Lord, ye that tremble at his word; Your brethren that hated you, that cast you out for my name's sake, said, Let the Lord be glorified: but he shall appear to your joy, and they shall be ashamed.

- By not respecting.

2 Corinthians 10:10 For his letters, say they, are weighty and powerful; but his bodily presence is weak, and his speech contemptible.

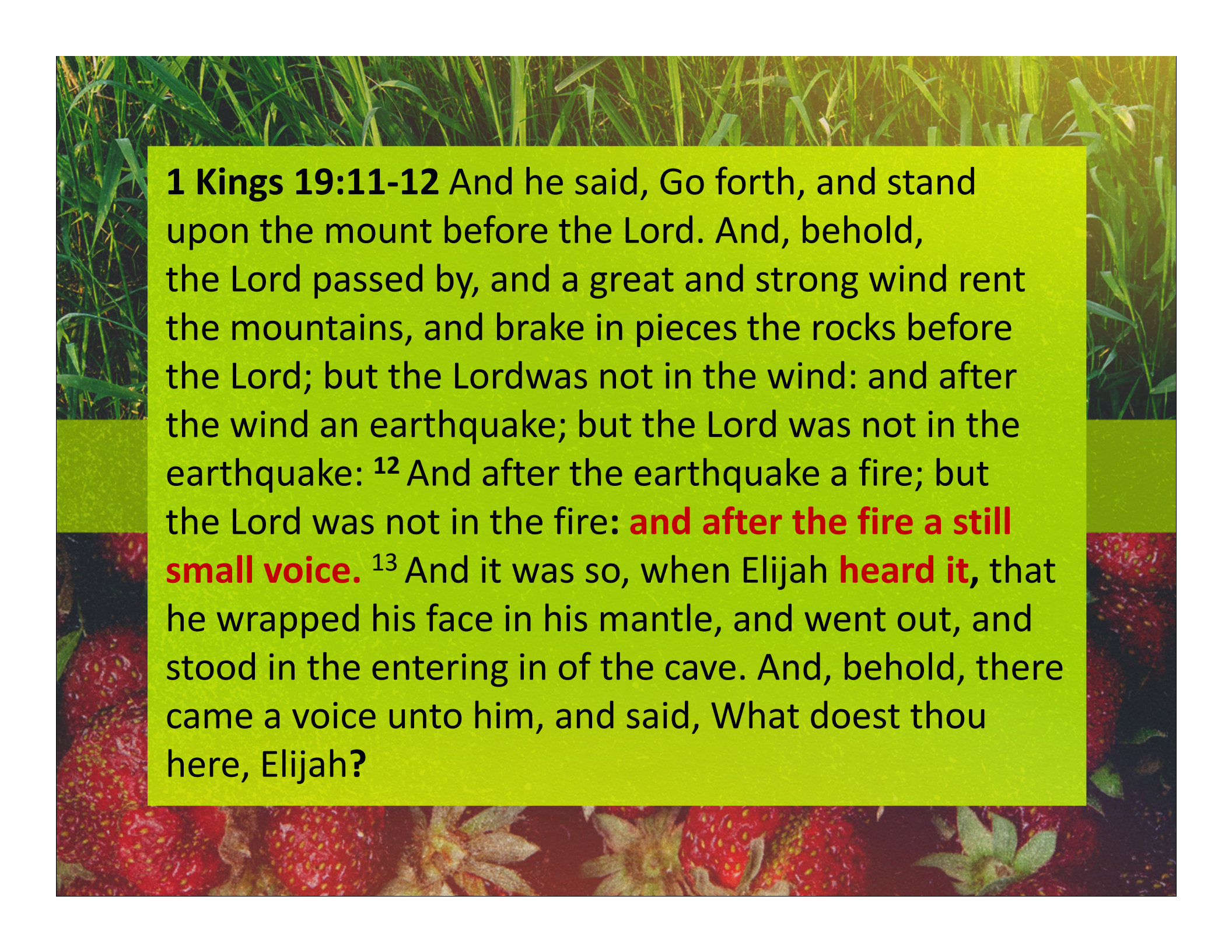
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II. QUENCH NOT THE SPIRIT.

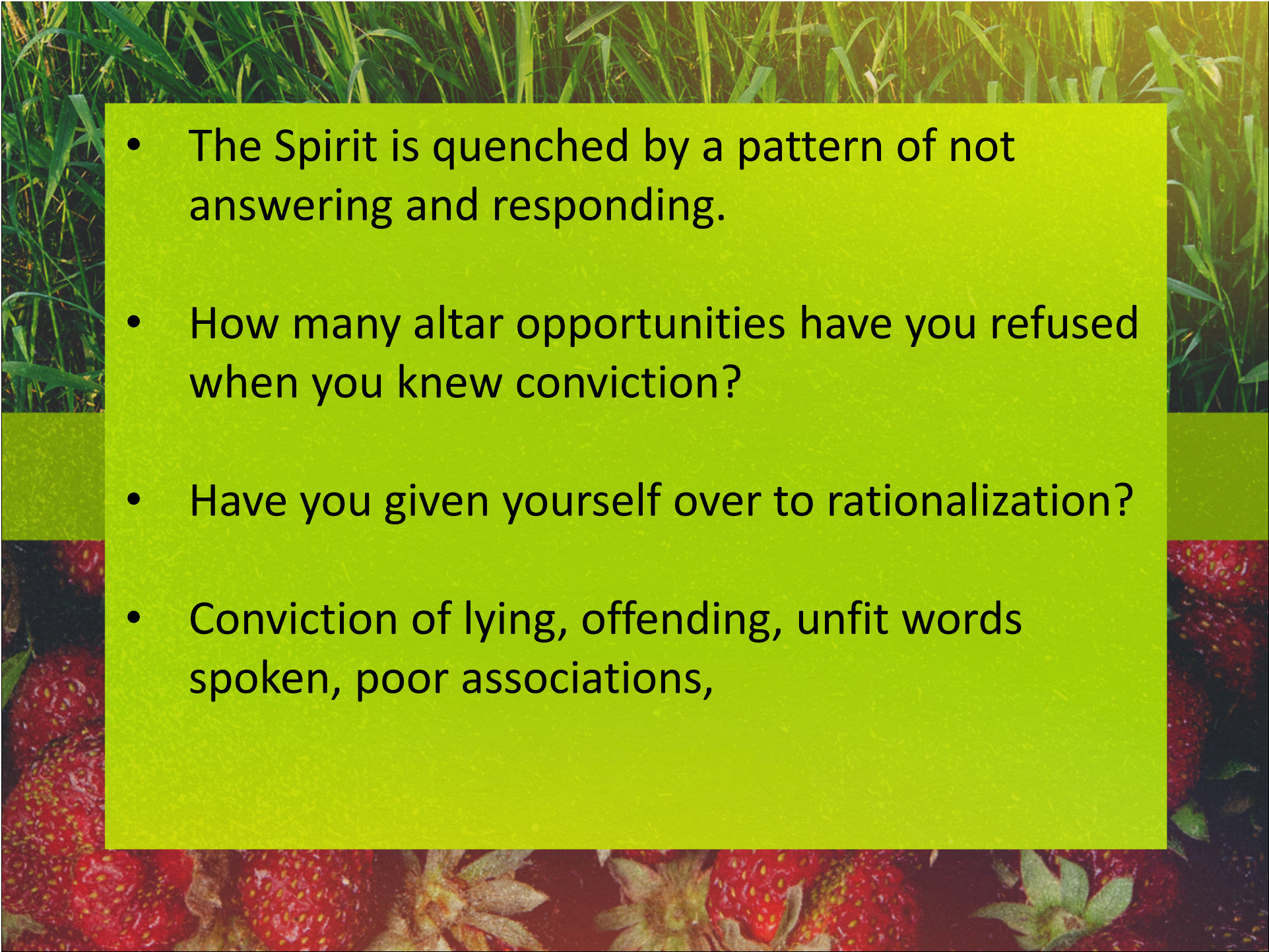
1 Thessalonians 5:19 Quench not the Spirit.

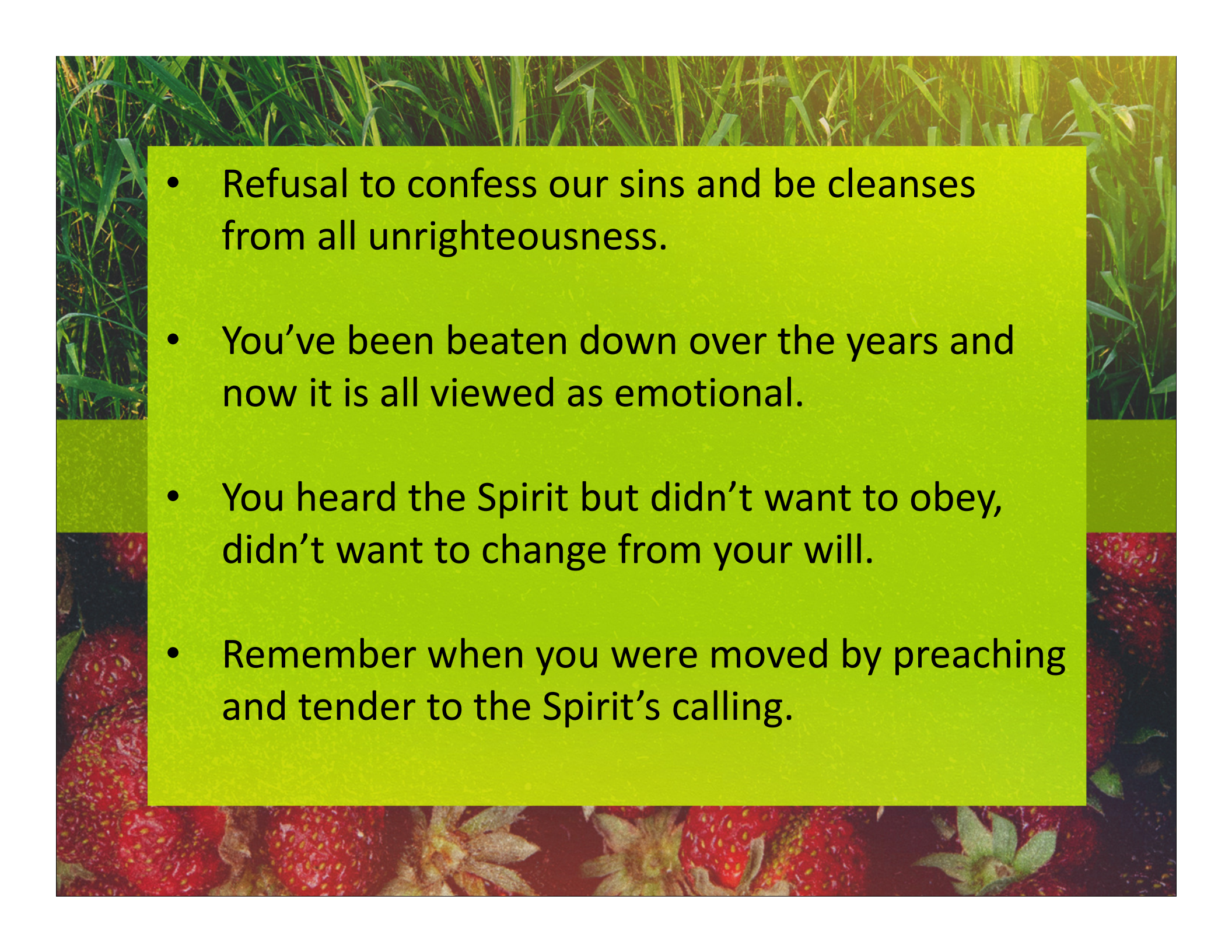
Quench: *sbennymi*. To extinguish. “To stop (a fire) from burning: to put out (a fire).” **Webster**

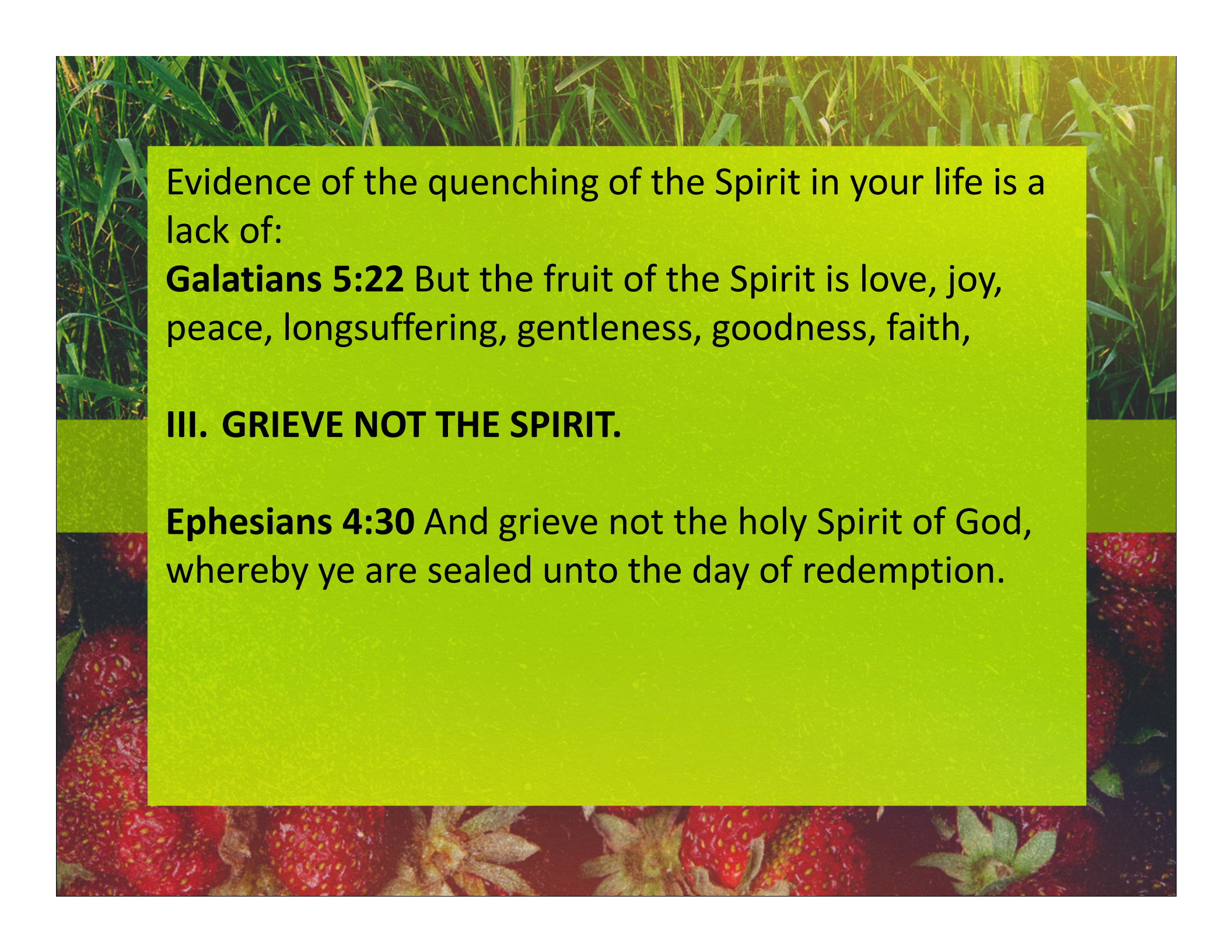
The Spirit is a small still voice, easily ignored or extinguished.



1 Kings 19:11-12 And he said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: ¹² And after the earthquake a fire; but the Lord was not in the fire: **and after the fire a still small voice.** ¹³ And it was so, when Elijah **heard it**, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?

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- The Spirit is quenched by a pattern of not answering and responding.
 - How many altar opportunities have you refused when you knew conviction?
 - Have you given yourself over to rationalization?
 - Conviction of lying, offending, unfit words spoken, poor associations,

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- Refusal to confess our sins and be cleanses from all unrighteousness.
 - You've been beaten down over the years and now it is all viewed as emotional.
 - You heard the Spirit but didn't want to obey, didn't want to change from your will.
 - Remember when you were moved by preaching and tender to the Spirit's calling.

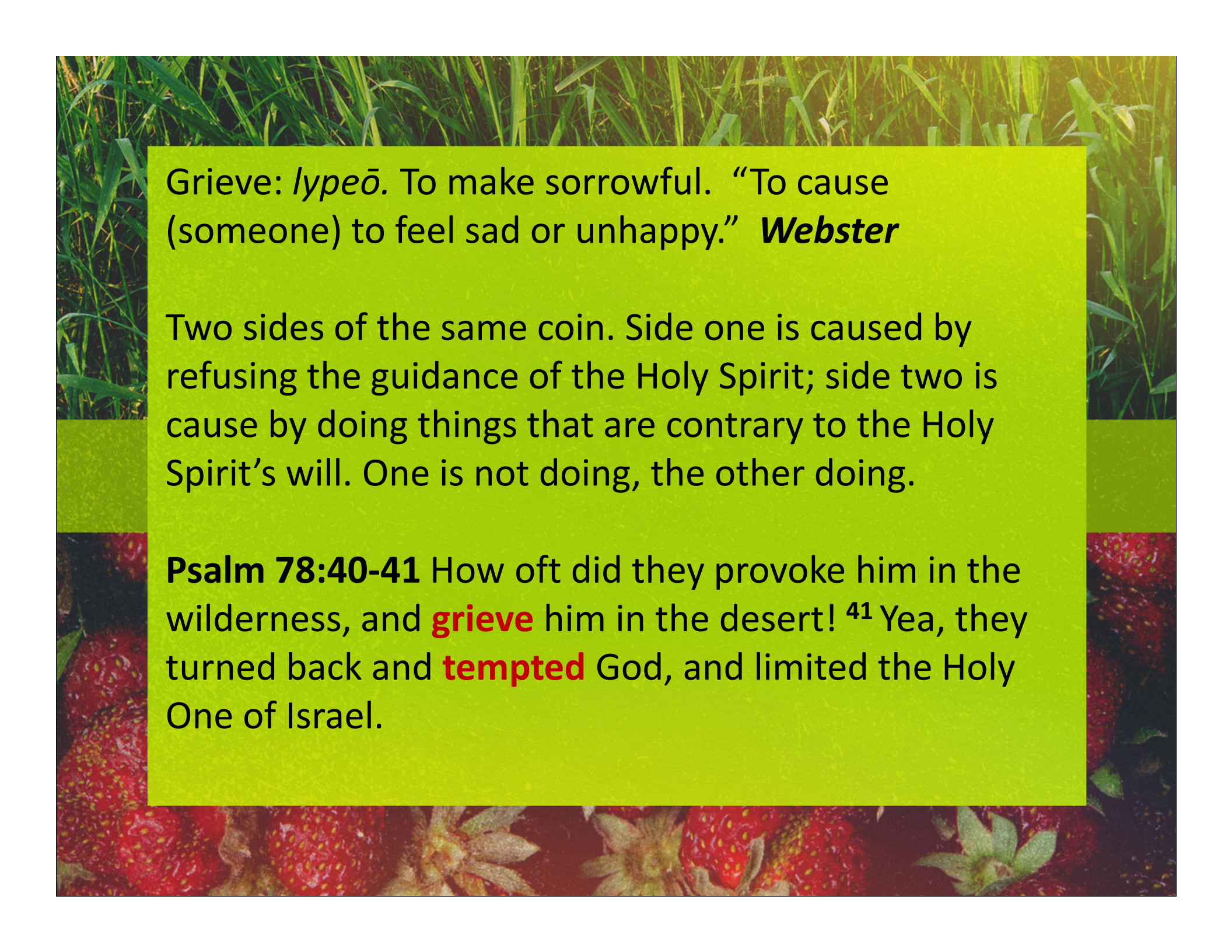


Evidence of the quenching of the Spirit in your life is a lack of:

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

III. GRIEVE NOT THE SPIRIT.

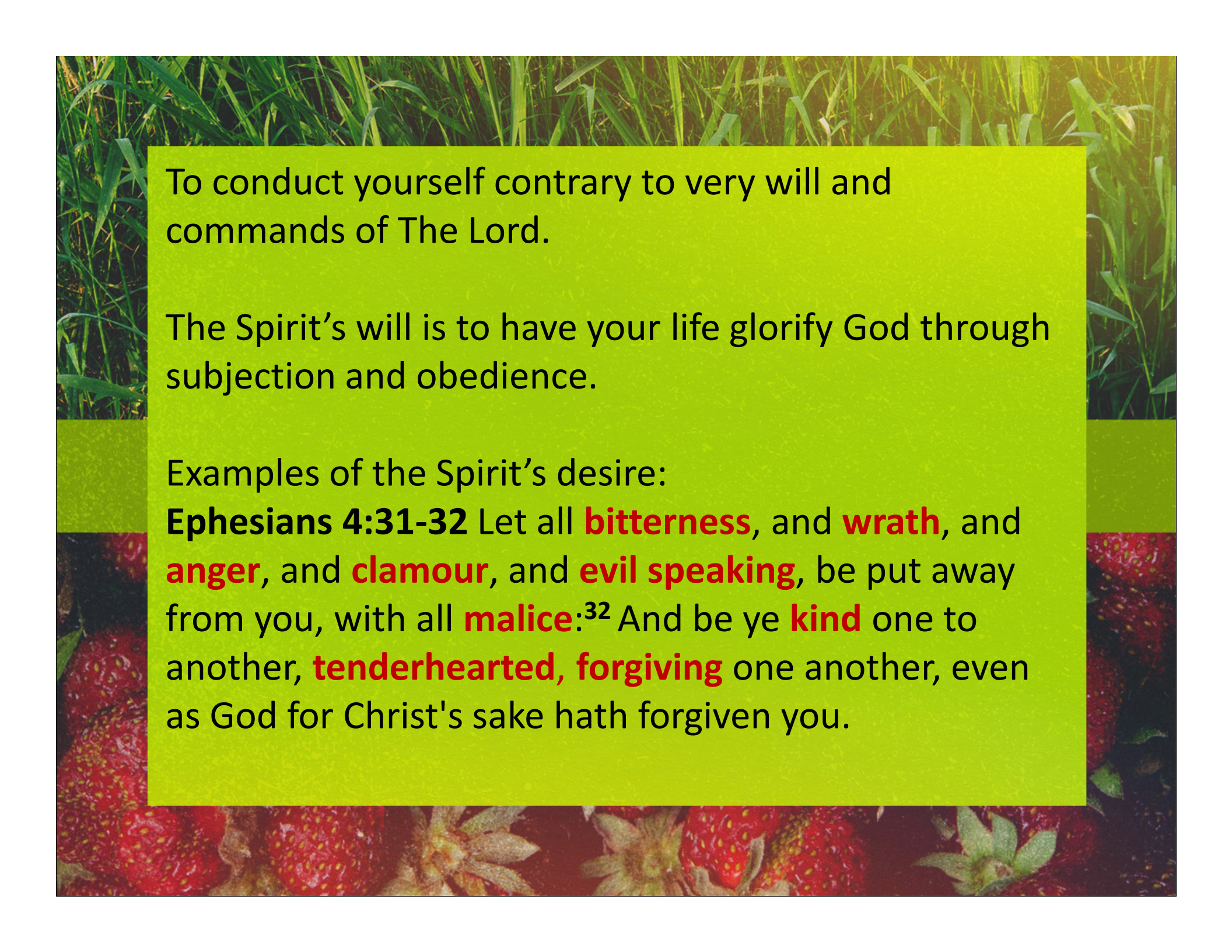
Ephesians 4:30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.



Grieve: *lypeō*. To make sorrowful. “To cause (someone) to feel sad or unhappy.” **Webster**

Two sides of the same coin. Side one is caused by refusing the guidance of the Holy Spirit; side two is caused by doing things that are contrary to the Holy Spirit's will. One is not doing, the other doing.

Psalms 78:40-41 How oft did they provoke him in the wilderness, and **grieve** him in the desert! ⁴¹ Yea, they turned back and **tempted** God, and limited the Holy One of Israel.



To conduct yourself contrary to very will and commands of The Lord.

The Spirit's will is to have your life glorify God through subjection and obedience.

Examples of the Spirit's desire:

Ephesians 4:31-32 Let all **bitterness**, and **wrath**, and **anger**, and **clamour**, and **evil speaking**, be put away from you, with all **malice**:³² And be ye **kind** one to another, **tenderhearted**, **forgiving** one another, even as God for Christ's sake hath forgiven you.