

How Can I Live the Spiritual Life?

Living a victorious Christian life is *impossible* without the Spirit, but *praise the Lord* – we have the Spirit! He is *in* us, ‘on call’ at any time to help us experience the *abundant life* Jesus promised. So how can we ‘tap into’ that spiritual supply?

What are we talking about? Spiritual life...

- Is *not* a crisis experience, but a process (2 Pet. 3.18)
- Is *not* a result of knowledge, but obedience (James 4.17)
- Is *not* external, but internal (Mt. 15.8; 22.37; 2 Cor. 4.16; Eph. 3.16)
- Is *not* automatic, but requires self-discipline (1 Cor. 9.24-27)
- Is *not* something we endure, but enjoy! (John 10.10)
- Is *not* what I do for God, but what Christ does through me (Phil. 4.13)

Growing into the Spiritual Life: The Word

- The Word is what ‘birthed’ us into the faith (1 Pet. 1.23)
- The Word is what nurtures us in the faith (2 Pet. 2.2)
- The Word trains and equips us for good works (2 Tim. 3.16-17)
- The Word transforms us as it renews our mind (Rom. 12.2)
- The Word works in those who obey it (James 1.21-25)

Growing into the Spiritual Life: The Spirit

- The Spirit is living in every believer (1 Cor. 12.13)
- The Spirit is our divine source of power (Acts 1.8)
- Every believer must make a decision to ‘drink’ of the Spirit (Eph. 5.15-18)



1. Living the ‘spiritual life’ is often reduced to an experience, or a ‘feeling’ we have when something especially ‘moves’ us. What does the Bible talk about when it refers to ‘spiritual life’? Read the Scriptures under “What are we talking about?” on the other side of this page. What misconceptions have you had about the kind of life God wants you to live? In your own words, describe the ‘spiritual life’ God desires for every believer.
2. The Bible is obviously *central* to any realization of the spiritual life. Review the verses under “Growing into the Spiritual Life: The Word” on the other side of this page. What does the Bible do for us? What is required for it to have its desired effect in our lives? For your own reflection: *Obviously, Satan does not want us to be reading, studying, meditating on, or memorizing Scripture – he knows the impact it can have on our lives! What does he do to deter or distract us from reading the Bible? How has he effected your life through this?*
3. Living the ‘spiritual life’ is only possible for those who are ‘in Christ’ (have received Christ as their personal Savior), but it is possible for *all* Christians, because at the moment of faith, the Spirit ‘moves in’ with us! The ‘spiritual life’ is us reproducing the life of Christ by the power of the Holy Spirit – allowing the Spirit to *fill* or control us continually. Meditate on Eph. 5.15-21. Where do you see the power of the Holy Spirit working in your life? What is the ‘battle line’ in your life right now, where your spiritual growth is coming up against a ‘spiritual hurdle’? Is it a distraction from following Christ, or a temptation to sin? What Scriptures has the Spirit brought to your mind to help overcome this barrier to you growing spiritually?

