

## Getting Fit Spiritually

### Lesson 4 “Staying Hydrated”

I. Introduction - We are in a series called “Getting Fit Spiritually.” The goal is to help you learn how to get stronger spiritually and grow into the fullness of Christ. I told you guys that this would be a 3 part series, but as I prayed I felt like the Lord wanted me to add a 4th principle to spiritual growth, which is “Staying Hydrated.”

A. I began a journey to get fit physically two years ago and discovered the same principles we use to get fit physically are the same ones we use spiritually. This isn't haphazard as the spiritual invisible word created the physical world. Physical truths parallel spiritual truths. The three principles we have discussed are:

1. Rest. We must learn to rest in God's grace just like we must rest our bodies. Israel didn't enter into a finished work because they didn't rest in the God's grace.
2. Eating a Healthy Diet.” You can't out-train a bad diet. You are what you eat so feed on the word. Also, get a diet buddy.
3. Build Spiritual Muscle. If all we do is eat healthy for, but don't train, we'll just get spiritually fat and not develop. Must act on the word and serve to get fit!

II. Staying Hydrated - Interestingly, a major reason people overeat is because they don't drink enough water. When we don't drink enough water, our body will send us a signal that we are empty and people tend to eat food they really don't need. When people make an adjustment and begin to drink the right amount of water, often their hunger signals decrease and they only eat when they really are hungry. Helps with weight loss.

In the spiritual, many people consume the things of the world because their body sends them a signal they are empty. The body is right, but instead of feeling up on the water of God's spirit people eat a lot of junk food: Overspend, gamble drugs, porn, bad habits, etc.

In **John 4:13-14** Jesus said He came to give us living water that will cause us to never thirst again (for religion or the world), but are we continually drinking of it?

#### A. **Ephesians 5:17-20**

1. **Verses 17-18** Don't drink wine in excess, but be filled (in the Greek it says to be ye being filled with the spirit. This is not a one time experience.
  - a. How do you get drunk? By drinking. How do you stay drunk? By drinking.
  - b. This same principle is true with being filled with the spirit.
2. The interesting thing is as clear as this passage is, the topic of being filled with the Holy Spirit has created a lot of controversy and confusion in the body of Christ over the years. Why?

- a. Some say you get the spirit when you get saved, why do you need to get more of the spirit?
- b. While it's true you get a brand new spirit when you get born again and that part of you is just like Jesus, your mind, will, emotions, and body do not get a new spirit and therefore need more of the Holy Spirit. **1**

**Thessalonians 5:23.**

- b. The Greek word filled is **plērōō**, play-ro'-o; from G4134; to make replete, i.e. (literally) to cram. **God wants us filled to overflowing.**
- c. There's difference between having the Holy Spirit within you and having Him come upon you to the point of overflow. Bill Johnson quote, "The Spirit comes within me for my sake, He comes upon me for yours."
  - i. **Acts 1:8** Jesus makes this statement to people who already have the spirit in them (**John 20:21-22**). Jesus wanted what was in them **to come upon them** to a point they were overflowing.
  - ii. **Acts 8:12-17** Phillip went to Samaria and preached Christ, many were saved (they received the spirit within.) The apostles then sent Peter and John to those in Samaria so the new converts could then receive the Holy Spirit (the spirit fell upon them).
  - iii. **Acts 19:1-6** Paul came to Ephesus and found disciples (devoted followers) and then asked if they received the Holy Spirit when they believed. Paul then prayed for them and laid hands on them and the Holy Spirit came upon them and when He did these disciples began to pray in other tongues and prophecy.
- 3. The second aspect of being filled with the Holy Spirit we want to look at is this is not a one time event for those who have been filled.
  - a. **Acts 2:1-4** the initial outpouring on the apostles.
  - b. **Acts 4:23-31** subsequent outpouring that gave the Apostles boldness after they were arrested by the the Sanhedrin.
- 4. The idea is continuous and not a one time event. The verb tense for **plērōō** word is in the passive imperative. The phrase filled with the spirit is better translated as **be ye being filled with the spirit**.
  - a. How does a person get drunk with wine? By drinking. What happens if they stop drinking? They'll stop being drunk.
  - c. What happens if a person stops drinking from the spirit of God? They'll stop being full of the spirit.

B. How do we stay full of the spirit?

- 1. Studying and meditating the word - **John 6:63**
- 2. Praying in English and in the spirit
- 3. Worship **1 Corinthians 14:15** and **Ephesians 5:19-20**

III. Conclusion - As I close this morning, I want to give anyone in here an opportunity to receive the Holy Spirit (spirit upon). There is an initial experience we all need after salvation as we saw from *Acts 2*, *Acts 8*, and *Acts 19*. After that we all need subsequent refillings as we do life.

A. The only qualification to all of this is you must be born again. Alter call.

B. Pray Closing Prayer and invite people to be ministered to by prayer team.