

WHAT IS SPIRITUALITY?

NIGHT TWO -- Teachers Notes

Last Week We Determined That --- **Genuine Spirituality involves three factors.**

What are the 3 Factors? **Regeneration, The Presence of The Holy Spirit and Time**

- A. **A Proposed Definition of Spirituality – Spirituality is Christian Maturity or spiritual growth which the Holy Spirit produces over a period of time in the believer.**

i. FIVE CONSEQUENCES (Conclusions) OF THE ABOVE IS TRUE, WHICH IT IS



- a. **A NEW CHRISTIAN CANNOT BE CALLED OR CONSIDERED SPIRITUAL, FOR HE HAS NOT HAD SUFFICIENT TIME TO GROW AND DEVELOP IN CHRISTIAN KNOWLEDGE AND EXPERIENCE.**

- i. **1 Timothy 3:5-6** -- NIV -- 3 Here is a trustworthy saying: Whoever aspires to be an overseer/bishop desires a noble task. ² Now the overseer/bishop is to be above reproach/criticism, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach, ³ not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. ⁴ He must manage his own family well and see **that his children** obey him, and he must do so in a manner worthy of full respect. ⁵ (If anyone does not know how to manage his own family, how can he take care of God's church?) ⁶ **He must not be a recent convert**, or he may become conceited and fall under the same judgment as the devil. ⁷ He must also have a good reputation with outsiders, so that he will not fall into disgrace and into the devil's trap.
- ii. **1 Peter 2:2** - Therefore, **rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.** ² Like newborn babies, **crave (long for, need, want, pure, yearn, require, hunger after) spiritual milk**, so that **by it you may grow up in your salvation**, ³ now that you have tasted that the Lord is good.
- iii. **2 Peter 1:5-9** - ³ His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. ⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

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- b. **A CHRISTIAN OF LONGER STANDING MAY NOT BE SPIRITUAL AS WELL, NOT BECAUSE HE HAS NOT HAD SUFFICIENT TIME, BUT PERHAPS HE HAS NOT ALLOWED THE HOLY SPIRIT TO CONTROL HIM.**

Hebrews 5:11 – 14 NIV--- **Warning Against Falling Away ---**¹¹ We have much to say about this, but it is hard to make it clear to you because you no longer try to understand.¹² In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!¹³ Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.¹⁴ But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Ephesians 4:30 NIV--¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.²⁰ That, however, is not the way of life you learned²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;²³ to be made new in the attitude of your minds;²⁴ and to put on the new self, created to be like God in true righteousness and holiness.²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry,²⁷ and do not give the devil a foothold.²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

1 Thessalonians 5:19 – CEV -- ¹² My friends, we ask you to be thoughtful of your leaders who work hard and tell you how to live for the Lord. ¹³ Show them great respect and love because of their work. Try to get along with each other. ¹⁴ My friends, we beg you to warn anyone who isn't living right. Encourage anyone who feels left out, help all who are weak, and be patient with everyone. ¹⁵ Don't be hateful to people, just because they are hateful to you. Rather, be good to each other and to everyone else. ¹⁶ Always be joyful ¹⁷ and never stop praying. ¹⁸ Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do. ¹⁹ Don't turn away God's Spirit ²⁰ or ignore prophecies. ²¹ Put everything to the test. Accept what is good ²² and don't have anything to do with evil. ²³ I pray that God, who gives peace, will make you completely holy. And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns. ²⁴ The one who chose you can be trusted, and he will do this.

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c. A Christian can backslide in certain areas of his life without losing all the ground he has gained during his Christian life-time.

- **Certainly true Christians can backslide, if by that you mean they can regress into a period of spiritual dullness or disobedience. Those who do so will bring God's discipline ([Hebrews 12:6-11](#)). That's because God disciplines those who are true sons (v. 8).**

¹² Such a large crowd of witnesses is all around us! So we must get rid of everything that slows us down, especially the sin that just won't let go. And we must be determined to run the race that is ahead of us. ² We must keep our eyes on Jesus, who leads us and makes our faith complete. He endured the shame of being nailed to a cross, because he knew that later on he would be glad he did. Now he is seated at the right side of God's throne! ³ So keep your mind on Jesus, who put up with many insults from sinners. Then you won't get discouraged and give up. ⁴ None of you have yet been hurt in your battle against sin. ⁵ But you have forgotten that the Scriptures say to God's children, "When the Lord punishes you, don't make light of it, and when he corrects you, don't be discouraged." ⁶ The Lord corrects the people he loves and disciplines those he calls his own." ⁷ Be patient when you are being corrected! This is how God treats his children. Don't all parents correct their children? ⁸ God corrects all of his children, and if he doesn't correct you, then you don't really belong to him. ⁹ Our earthly fathers correct us, and we still respect them. Isn't it even better to be given true life by letting our spiritual Father correct us? ¹⁰ Our human fathers correct us for a short time, and they do it as they think best. But God corrects us for our own good, because he wants us to be holy, as he is. ¹¹ It is never fun to be corrected. In fact, at the time it is

always painful. But if we learn to obey by being corrected, we will do right and live at peace.
¹² Now stand up straight! Stop your knees from shaking ¹³ and walk a straight path. Then lame people will be healed, instead of getting worse.

But no, if you are thinking of backsliding as a perpetual (continuous) state of willful rebellion or ungodly indifference on the part of one who professes faith in Christ. That situation is a sign of false profession ([Matthew 7:21-23](#); [1 John 3:4-10](#)).

[\(Matthew 7:21-23\)](#) Not everyone who calls me their Lord will get into the kingdom of heaven. Only the ones who obey my Father in heaven will get in. ²² On the day of judgment many will call me their Lord. They will say, “We preached in your name, and in your name we forced out demons and worked many miracles.” ²³ But I will tell them, “I will have nothing to do with you! Get out of my sight, you evil people!”

[1 John 3:4-10](#) -- ³ Think how much the Father loves us. He loves us so much that he lets us be called his children, as we truly are. But since the people of this world did not know who Christ is, they don't know who we are. ² My dear friends, we are already God's children, though what we will be hasn't yet been seen. But we do know that when Christ returns, we will be like him, because we will see him as he truly is. ³ This hope makes us keep ourselves holy, just as Christ is holy. ⁴ Everyone who sins breaks God's law, because sin is the same as breaking God's law. ⁵ You know that Christ came to take away sins. He isn't sinful, ⁶ and people who stay one in their hearts with him won't keep on sinning. If they do keep on sinning, they don't know Christ, and they have never seen him. ⁷ Children, don't be fooled. Anyone who does right is good, just like Christ himself. ⁸ Anyone who keeps on sinning belongs to the devil. He has sinned from the beginning, but the Son of God came to destroy all that he has done. ⁹ God's children cannot keep on being sinful. His life-giving power lives in them and makes them his children, so that they cannot keep on sinning. ¹⁰ You can tell God's children from the devil's children, because those who belong to the devil refuse to do right or to love each other.

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- d. **There are stages of growth within the area of maturity** -- Ephesians 4:14-16 -- ¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
- e. **The state of babyhood need not be long -lasting!** 1 Corinthians 3:1-3 Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly—mere infants in Christ. ²I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. ³You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans? ⁴For when one says, “I follow Paul,” and another, “I follow Apollos,” are you not mere human beings?

WHAT IS SPIRITUALITY?

I. The Concept of Spirituality

II. The Characteristics of Spirituality.

Believe or not but you can tell if a person is SPIRITUAL or NOT 😊

His Character – Galatians 5:22-23 - ¹⁶If you are guided by the Spirit, you won't obey your selfish desires. ¹⁷The Spirit and your desires are enemies of each other. They are always fighting each other and keeping you from doing what you feel you should. ¹⁸But if you obey the Spirit, the Law of Moses has no control over you. ¹⁹People's desires make them give in to immoral ways, filthy thoughts, and shameful deeds. ²⁰They worship idols, practice witchcraft, hate others, and are hard to get along with. People become jealous, angry, and selfish. They not only argue and cause trouble, but they are ²¹envious. They get drunk, carry on at wild parties, and do other evil things as well. I told you before, and I am telling you again: No one who does these things will share in the blessings of God's kingdom. ²²God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, ²³gentle, and self-controlled. There is no law against behaving in any of these ways. ²⁴And because we belong to Christ Jesus, we have killed our selfish feelings and desires. ²⁵God's Spirit has given us life, and so we should follow the Spirit. ²⁶But don't be conceited or make others jealous by claiming to be better than they are.

His Knowledge – Hebrews 5:14 -- ¹¹Much more could be said about this subject. But it is hard to explain, and all of you are slow to understand. ¹²By now you should have been teachers, but once again you need to be taught the simplest things about what God has said. You need milk instead of solid food. ¹³People who live on milk are like babies who don't really know what is right. ¹⁴Solid food is for mature people who have been trained to know right from wrong.

His Attitudes

Thanksgiving – Ephesians 5:18-20 -- ¹⁵ Act like people with good sense and not like fools. ¹⁶ These are evil times, so make every minute count. ¹⁷ Don't be stupid. Instead, find out what the Lord wants you to do. ¹⁸ Don't destroy yourself by getting drunk, but let the Spirit fill your life. ¹⁹ When you meet together, sing psalms, hymns, and spiritual songs, as you praise the Lord with all your heart. ²⁰ Always use the name of our Lord Jesus Christ to thank God the Father for everything.

His desire to preserve unity of the Spirit Eph. 4:3 -- As a prisoner of the Lord, I beg you to live in a way that is worthy of the people God has chosen to be his own. ² Always be humble and gentle. Patiently put up with each other and love each other. ³ Try your best to let God's Spirit keep your hearts united. Do this by living at peace. ⁴ All of you are part of the same body. There is only one Spirit of God, just as you were given one hope when you were chosen to be God's people. ⁵ We have only one Lord, one faith, and one baptism. ⁶ There is one God who is the Father of all people. Not only is God above all others, but he works by using all of us, and he lives in all of us.

Spirituality will be evident in his home (Ephesians 5:18-32) -- ²¹ Honor Christ and put others first. ²² A wife should put her husband first, as she does the Lord. ²³ A husband is the head of his wife, as Christ is the head and the Savior of the church, which is his own body. ²⁴ Wives should always put their husbands first, as the church puts Christ first. ²⁵ A husband should love his wife as much as Christ loved the church and gave his life for it. ²⁶ He made the church holy by the power of his word, and he made it pure by washing it with water. ²⁷ Christ did this, so that he would have a glorious and holy church, without faults or spots or wrinkles or any other flaws. ²⁸ In the same way, a husband should love his wife as much as he loves himself. A husband who loves his wife shows that he loves himself. ²⁹ None of us hate our own bodies. We provide for them and take good care of them, just as Christ does for the church, ³⁰ because we are each part of his body. ³¹ As the Scriptures say, "A man leaves his father and mother to get married, and he becomes like one person with his wife." ³² This is a great mystery, but I understand it to mean Christ and his church. ³³ So each husband should love his wife as much as he loves himself, and each wife should respect her husband.

Spirituality will be evident in the believers church fellowship --

Regular attendance – Hebrews 10:25 --- ¹⁹ My friends, the blood of Jesus gives us courage to enter the most holy place ²⁰ by a new way that leads to life! And this way takes us through the curtain that is Christ himself. ²¹ We have a great high priest who is in charge of God's house. ²² So let's come near God with pure hearts and a confidence that comes from having faith. Let's keep our hearts pure, our consciences free from evil, and our bodies washed with clean water. ²³ We must hold tightly to the hope that we say is ours. After all, we can trust the one who made the agreement with us. ²⁴ We should keep on encouraging each other to be thoughtful and to do helpful things. ²⁵ **Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord's coming is getting closer.** ²⁶ No sacrifices can be made for people

who decide to sin after they find out about the truth.²⁷ They are God's enemies, and all they can look forward to is a terrible judgment and a furious fire.

Habit of participation, use of spiritual gifts 1 Cor. 12:25

My friends, you asked me about spiritual gifts.² I want you to remember that before you became followers of the Lord, you were led in all the wrong ways by idols that cannot even talk.³ Now I want you to know that if you are led by God's Spirit, you will say that Jesus is Lord, and you will never curse Jesus.⁴ There are different kinds of spiritual gifts, but they all come from the same Spirit.⁵ There are different ways to serve the same Lord,⁶ and we can each do different things. Yet the same God works in all of us and helps us in everything we do.⁷ The Spirit has given each of us a special way of serving others.⁸ Some of us can speak with wisdom, while others can speak with knowledge, but these gifts come from the same Spirit.⁹ To others the Spirit has given great faith or the power to heal the sick¹⁰ or the power to work mighty miracles. Some of us are prophets, and some of us recognize when God's Spirit is present. Others can speak different kinds of languages, and still others can tell what these languages mean.¹¹ But it is the Spirit who does all this and decides which gifts to give to each of us.

One Body with Many Parts

¹²The body of Christ has many different parts, just as any other body does.¹³ Some of us are Jews, and others are Gentiles. Some of us are slaves, and others are free. But God's Spirit baptized each of us and made us part of the body of Christ. Now we each drink from that same Spirit.¹⁴ Our bodies don't have just one part. They have many parts.¹⁵ Suppose a foot says, "I'm not a hand, and so I'm not part of the body." Wouldn't the foot still belong to the body?¹⁶ Or suppose an ear says, "I'm not an eye, and so I'm not part of the body." Wouldn't the ear still belong to the body?¹⁷ If our bodies were only an eye, we couldn't hear a thing. And if they were only an ear, we couldn't smell a thing.¹⁸ But God has put all parts of our body together in the way that he decided is best.¹⁹ A body isn't really a body, unless there is more than one part.²⁰ It takes many parts to make a single body.²¹ That's why the eyes cannot say they don't need the hands. That's also why the head cannot say it doesn't need the feet.²² In fact, we cannot get along without the parts of the body that seem to be the weakest.²³ We take special care to dress up some parts of our bodies. We are modest about our personal parts,²⁴ but we don't have to be modest about other parts. God put our bodies together in such a way that even the parts that seem the least important are valuable.²⁵ He did this to make all parts of the body work together smoothly, with each part caring about the others.²⁶ If one part of our body hurts, we hurt all over. If one part of our body is honored, the whole body will be happy.²⁷ Together you are the body of Christ. Each one of you is part of his body.²⁸ First, God chose some people to be apostles and prophets and teachers for the church. But he also chose some to work miracles or heal the sick or help others or be leaders or speak different kinds of languages.²⁹ Not everyone is an apostle. Not everyone is a prophet. Not everyone is a teacher. Not everyone can work miracles.³⁰ Not everyone can heal the sick. Not everyone can speak different kinds of languages. Not everyone can tell what these languages mean.³¹ I want you to desire the best gifts. So I will show you a much better way.