

# WE VALUE \_\_\_\_\_.

## PART 2: SPIRITUAL VITALITY

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### Sermon Notes

**Text: 1 Corinthians 3:13-18**

#### Introduction:

Every person lives by a set of values...those values guide your behaviour.

We Value *Spiritual Vitality*

Vitality:

- “Exuberant strength and vigor”
- “Capacity for survival and the continuation of a meaningful and purposeful existence”
- “The power to live and grow”

***BIG IDEA: The power and presence of the Holy Spirit is at the centre of everything, as we lead people into growing relationships with Jesus Christ.***

Spiritual Vitality is not something that a person can produce. It is the result of a life that is exposed and surrendered to God.

#### 1. Vitality comes from living in freedom

"Fight and you may die. Run and you will live at least awhile. And dying in your bed many years from now, would you be willing to trade all the

days from this day to that for one chance, just one chance, to come back here as young men and tell our enemies that they may take our lives but they will never take our freedom!" ~William Wallace (*Braveheart*).

Exodus 34:29-35 - Moses' face radiant with God's glory

1 Corinthians 3:16 "Even to this day when Moses is read, a veil covers their hearts. But whenever anyone turns to the Lord, the veil is taken away"

Galatians 5:1 "It is for freedom that Christ has set us free."

Galatians 5:23 The fruit of the Spirit "...against such things there is no law"

Colossians 2:13 "When you were dead in your sins and in the uncircumcision of your flesh, God made you<sup>[d]</sup> alive with Christ."

Jesus didn't come to make bad people into good people. He came to make dead people into living people.

#### 2. Vitality is a reflection of God's Glory

v. 18 "And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory."

Glory: Hebrew = Kabod, Greek = Doxa. Weight, light, radiance, splendour.

"Contemplate" = behold, reflect.

We are not a source of light/glory. But as our lives are exposed to God, we can reflect his glory, his beauty, his goodness, his love, his power.

#### 3. Vitality is an ongoing work of the Holy Spirit

v. 18 "[We] are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

Galatians 3:3 “After beginning by means of the Spirit, are you now trying to finish by means of the flesh?”

1 Corinthians 3:17-18 “The Lord is the Spirit...the Lord, who is the Spirit.”

A life exposed to God, is a life that is growing in vitality, and becoming more and like this the image of Jesus.

“The dullest and most uninteresting person you talk to may one day be a creature which, if you saw it now, you would be strongly tempted to worship, or else a horror and a corruption such as you now meet, if at all, only in a nightmare...immortal horrors or everlasting splendours.”

~C.S. Lewis

### **Conclusion:**

### **Vital signs**

- 1) Declaration of faith (Acts 2:37-38)
- 2) Life in Community (Hebrews 10:25).
- 3) Generosity (2 Corinthians 9:7).
- 4) Serving (1 Peter 4:10).

### **Life Group Discussion**

1. Warm up: Sometimes when people do certain activities (eg. extreme sports) they say things like “it makes me feel alive!” What makes you feel alive?
2. Read Galatians 5:1-18. Paul warns against two errors: 1) Trying to guard our freedom by binding it under the law , 2) using our freedom to indulge in sin (v. 13). Both of these actions lead to a loss of freedom.
  - Do you tend to be more of a rule follower or a rebel?

- Have you seen people “abuse” grace by using it as a license to sin? How would you address this issue with that person? How can we live under God’s grace while still taking sin seriously?
- Why do Christians tend to be more comfortable following rules than living by the Spirit (Galatians 3:3)?

3. Pastor Dave said “Spiritual Vitality is the natural result of a life that is exposed and surrendered to God.” Do you agree with this statement? What does it mean to be exposed and surrendered to God?
4. Discuss the Vital Signs shared in the conclusion of the message. Would you add anything to this list? Which Vital Sign needs the most improvement in your life?

5. Pray together:

a) Pray for Spiritual Vitality in your life and in the life of your church.

b) Other requests:

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