



# **“TRUE HEALTHY SPIRITUALITY”**

## **What is the *Essence* of Spirituality?**

### **INTERACTIVE OUTLINE**

Sunday Morning: 10:30 am  
Scripture Reading: I Thess 5:23

Speaker: Brent Hunter  
July 8, 2018

#### **Introduction:**

- A. *What is true spirituality?*
- B. “The mind set on the **S**\_\_\_\_\_, is life and peace.”
- C. Today, let’s examine the *real essence* of true spirituality.

#### **I. SPIRITUALITY HAS TO DO WITH THE 3-FOLD NATURE OF MAN.**

- A. Mankind has a fleshly, temporal side (2 Cor 4:16, Phil 3:21).
- B. Mankind as an eternal soul (Mk 8:36, Eph 3:16).
- C. Mankind has a **s**\_\_\_\_\_, which is distinct from the soul (I Thess 5:23, Heb 4:12).

#### **II. WHAT IS THE DISTINCTION BETWEEN SOUL AND SPIRIT?**

- A. The soul reflects the mind or emotions of man.
- B. The spirit relates to the **c**\_\_\_\_\_, or will of man.
- C. We can focus on all three levels (Phil 3:9, Acts 17:21, Eph 2:3).

#### **III. DOING THE *RIGHT THING* FOR THE *RIGHT REASON* IS CRITICAL.**

- A. The right **m**\_\_\_\_\_ is everything (Matt 6, I Cor 13).
- B. We must learn to be “spirit-led” (Rm 8:9-14).

#### **IV. SURRENDERING, RELYING, TRUSTING IN GOD AND HIS POWER, IS KEY.**

- A. “Unless the Lord build the house, you build it in **v**\_\_\_ (Ps 127:1).
- B. “I can do all things through **C**\_\_\_\_who strengthens me (Phil 4:13).
- C. “God works in you both to will and to do His good pleasure (Phil 2:12-13).

#### **Conclusion:**

##### **True spirituality is:**

- A. “Not a way of looking at *certain things*, but a certain way of looking at *all things*.”
- B. “The degree you allow the Holy Spirit to lead your life so there is union.”

#### **MY NOTES**

#### ***Scrambled Answers:***

<i>Christ</i>	<i>Spirit</i>
<i>spirit</i>	<i>vain</i>
<i>motive</i>	<i>conscience</i>