

**“An Annual Spiritual Physical”**  
(2 Corinthians 13:5)

Context:

- I. Paul wrote this letter as a matter of chastisement
  - a. The reprimand was due to their illicit behavior
  - b. This is the 3<sup>rd</sup> time Paul is addressing them in this fashion
  - c. The Corinthians began to question Paul’s authority
  - d. Paul affirms his Apostolic authority for the purpose of building them up v. 7
  
- II. The litmus test of the Christian life is Christ living in you
  - a. This is the defining element of the Christian life
  - b. A self dependent life is not the Christian life
  - c. Christ living within a person can be tested as to its reality
  
- III. Why was it difficult for the Corinthians to live a Christian lifestyle?
  - a. Perhaps they didn’t understand how the Christian life should be lived.
  - b. Perhaps they thought it was just a religious thing
  - c. They failed to answer or answer correctly 3 essential questions

Main: The 3 Essential Questions of Passing the Spiritual Physical

1. Why was spiritual health and vitality important? Because...
  - a. The Christian life can only be lived by the Spirit
  - b. We can only fulfill our true purpose in life by the Spirit
  - c. It is only by the Spirit that we can live free
  
2. How was optimum spiritual health and vitality achieved and maintained?
  - a. By counting ourselves as “dead” to sin and alive to God (Romans 6:6-7 and 11-13)
  - b. By staying “tuned” the God’s voice (John 10:27)
    - i. the prerequisite to hearing God’s voice is “faith”
    - ii. it is by the Holy Spirit that God speaks through the Word, prayer, other people, and circumstances

- c. By staying connected to spiritually healthy people (1 Cor. 15:32, and Hebrews 10:24-25)
3. How is spiritual health and vitality measured?
- a. By the life and power of Jesus (Acts 4:13-14)
  - b. By the evidence of the “fruit of the Spirit”
  - c. By living out your calling (Eph 2:10)

Conclusion: “How to do a self examination of your spiritual health and fitness” (Spiritual Inventory)