

## *Mt. Lebanon Church | Big Isaac Community Church*

Teaching Ministry

5.17.2026

Please look up and read all verses in their entirety. I have only written partial verses.

Make your own notes, write down other scriptures that you run across while studying, write down questions that you may have or comments as well. Allow the Holy Spirit to reveal to you that he would have you to see through the study of God's word.

Spiritually Sound

### Proverbs 14: 30

A spiritually sound believer is one who trust in the sovereignty of God to the point of absolute inner peace and contentment, which implies having a soul that is at rest in the Lord. So, this means that through the inner workings of the Holy Spirit we have set aside worry, anxiety, envy, jealousy, anger and bitterness, worldly emotional stress, that if allowed will bring upon us spiritual and physical consequences. So, how do we achieve this spiritual maturity? Spiritual maturity is achieved by becoming more Christ like, which means changing one's priorities from that of self-righteousness to a consistency of obedience in Gods word. Therefore, one of the key objectives to a spiritually mature life is striving to do those things which will strengthen our relationship with God. This comes by walking in the spirit and living under the spirit's control. Now, even though all of our spiritual growth comes by the grace of God, we are responsible for making the choice to follow after his grace.

**Galatians 5: 16,....**this I say then, walk in the spirit, and ye shall not fulfill the lust of the flesh....

As believers, we are commanded to live a spiritual life in Christ, which means living in the spirit, by the spirit, praying in the spirit, and walking not only in the spirit but also in the truthfulness of the spirit. We are to live by the grace of God through faith in his Son, Christ Jesus. We are to walk in spirit and in truth, guided by the word of God, having an earnest desire to submit to God's will, and in every situation becoming obedient to his promises, and trusting in his commandments. We should never rely on our own human abilities, actions, or strengths, but we should only rely on the strength and power given unto us by an omnipotent God.

**Galatians 5: 17,....**for the flesh lusteth against the spirit, and the spirit against the flesh, and these are contrary the one to the other, so that ye cannot do the things that ye would....

So, from the moment that we received our new life in Christ, that old sin nature, which we inherited from Adam, it begins to conflict with our new spiritual nature in Christ. So, let me ask you this question, could God have chosen to remove that old sinful nature once we were born again, sure he could have, but he allowed it to remain, and he allowed the two natures to coexist in this earthly mortal body, as a reminder of our worldly weaknesses, and to ensure that we would remain living a surrendered life, totally dependent upon him.

**Romans 7: 24 – 25,....**O wretched man that I am, who should deliver me from the body of this death? I thank God through Jesus Christ our Lord....so then with the mind I myself serve the law of God, but with the flesh the law of sin....

Many times, as believers, our spiritual maturity will be hindered by worldly frustration. Now, listen to this, worldly frustration comes after our desire to do good and obey God's word, times when we attempt to live a life that is holy and glorifies God, because it is during these moments that we want to do good, and we want to obey his word, but we end up in disobedience, because we have been trying to accomplish his service by our own strength. Therefore, every human effort that we make brings us to a greater understanding of knowing that we are incapable of living in the fulness of God on our own.

**Romans 7: 15,....**for that which I do I allow not, for what I would, that do I not, but what I hate, that I do....

Only when we are able to understand the importance of living a godly life in Christ, will we be able to discover that the only way to be victorious over the principles of sin in our life is to remain in the grace of God, through our faith in Christ, which brought us into his saving grace, and it was then that we begin to walk in our spiritual maturity in God.

**1 Corinthians 13: 11,....**when I was a child, I spake as a child, I understood as a child, I thought as a child, but when I became a man, I put away childish things....

Life itself is all about growing and maturing, and at some point in time, God gives unto us the knowledge of his will, in various ways, and he also gives unto us the responsibility of making the choice either to begin a new life in his Son, Christ Jesus, or to reject and turn away from the truth of the gospel. Now, because we have made the choice to be born again, we are growing and maturing through the leadership and guidance of the Holy Spirit instead of worldliness. Therefore, God wants others around us to see this spiritual maturity and growth as an example of his saving grace.

**Matthew 7: 17,....**even so every good tree bringeth forth good fruit....

Now, as believers, others will notice our actions when we begin to give up the old selfish patterns of our worldly life, and we begin to embrace our new life in Christ. This means that everything in our life starts to change, every word, every characteristic, and even the way that we think. This is because we are changing from the ways of the world, turning to the living ways Gods eternal hope.

**2 Peter 1: 5 – 8,....**and beside this, giving all diligence, add to your faith virtue, and to virtue knowledge, and to knowledge temperance, and to temperance patience, and to patience godliness, and to godliness brotherly kindness, and to brotherly kindness charity....for if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ....

In our life in Christ, there are many lessons that we must learn when it comes to growing in our spiritual maturity in God, these lessons come by the Holy Spirit, who is our guide and our teacher as we learn to grow in God's grace to his glory. Therefore, justification into sanctification, and from the redemption of the cross we enter into our eternal glorification with God. For the word of God provides all the instruction that we will ever need for life and godliness.

Now, the word shows us what the characteristics of a spiritually mature believer should look like. Faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, and love. Now, these traits are not listed in any order, for it is not Gods will for us to strive for them one at a time in our life, trying to master one before moving on to the next, but becoming spiritually mature means striving to grow in the entirety of all these godly characteristics. Now, remember that none of us will become perfect and mature in all of these spiritual traits, but through prayer, and through the study of God's word, by the guidance of his spirit, we must continually strive to develop these godly characteristics in our life in Christ.

**2 Peter 1: 10,....**wherefore the rather, brethren, give diligence to make your calling and election sure, for if ye do these things, ye shall never fail....

Gods desire is that everyone, by faith believing would come to trust in his Son Jesus Christ for their salvation, but sadly not all will accept his invitation. For those who choose to accept the free gift of salvation, our calling and election is made sure, strengthened by the unity of one another in the body of Christ. When we are saved by grace through faith, God accepts us in Christ, we are positioned in him, and we are sealed with his indwelling Holy Spirit. Therefore, we are encouraged by his word, to give all diligence to the truth of his promises regarding the spiritual boldness of our salvation.

**2 Corinthians 13: 5,....**examine yourselves, whether ye be in the faith, prove your own selves....know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates....( condemned )

Having this absolute assurance in our heart, and in our mind, gives unto us our security in Christ. This is a security that God will establish every aspect of our lives, if we will allow him to do so. The more that we trust in God and his word, the more that we will acknowledge him in everything in our life, and the more that we will understand the importance of becoming spiritually sound in our life in Christ. Remember, what we said in the beginning, a spiritually sound believer in one whose soul is at rest in the lord. Is your soul at rest with the Lord today.

Let us Pray.

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