

**Reading:** Acts 2:40-41

**Topic:** Personal Spiritual Care

**INTRODUCTION:** There is a lot of emphasis in our modern world placed on \_\_\_\_\_ care but it is focused mainly on the physical and mental aspects of people while neglecting the spiritual \_\_\_\_\_.

## I. FIRST PRIORITY – SALVATION:

### ***A. Most Important:***

1. The first and most important part of personal spiritual \_\_\_\_\_ is our own salvation which comes about by hearing, believing and obeying the \_\_\_\_\_ of Jesus Christ. Acts 2:37-39
2. The instructions that the Apostle Peter gave on the day of Pentecost were the words that he \_\_\_\_\_ from Jesus Christ Himself and he informed the listeners that \_\_\_\_\_ were responsible for their own personal salvation. Acts 2:40

### ***B. Keep Saved:***

1. Once the new spiritual life has begun through the New Birth, it needs daily personal \_\_\_\_\_ in order to survive. Phil. 2:12
2. Neglecting the daily personal spiritual \_\_\_\_\_ will lead to a deterioration in our spiritual \_\_\_\_\_ and leave us vulnerable to falling away from God. Heb. 2:3

## II. REGULAR SPIRITUAL CARE:

### ***A. Things That We Should Do:***

1. Just as we do daily things for our personal health care – washing, brushing teeth, etc. so also our \_\_\_\_\_ Spiritual life needs attention and \_\_\_\_\_ to sustain it and make it \_\_\_\_\_:
  - a. Get closer to God and get to \_\_\_\_\_ Him better. Job 22:21
  - b. Find your daily \_\_\_\_\_ in His presence to become a \_\_\_\_\_ and not just a \_\_\_\_\_. Ps. 37:4
  - c. Keep taking the three basic vitamins for survival – prayer, the \_\_\_\_\_ of God and going to church.

### ***B. Care Responsibilities:***

1. There are some spiritual \_\_\_\_\_ needs that require effort on our part and submission of our \_\_\_\_\_ to the plan and purpose of God:
  - a. Humility – One of the things that our human nature struggles with is \_\_\_\_\_ and it is wise to recognize our part in dealing with it. 2 Chron. 34:27; 1 Pet. 5:6
  - b. Not Worrying – one thing that harms our \_\_\_\_\_ and trust in the Lord is worry, and the Word of God instructs us to not worry – not about anything. Prov. 24:19, Ps. 37:1

## III. SPIRITUAL CAUTIONS & CARE:

### ***A. Take Heed To Yourself:***

1. The Word of God instructs us to take heed or \_\_\_\_\_ to ourselves and especially to the doctrine which

is the teaching, and to \_\_\_\_\_ in doing this in order to save ourselves and others. I Tim. 4:16

2. The adversary would like to get our attention on others and their \_\_\_\_\_ instead of focusing our eyes on Jesus so we must be \_\_\_\_\_ of his devices and take heed unto our own spiritual lives. Heb. 12:1,2

**B. Spiritual Care Cautions:**

1. There are certain cautions that are given to us in the Word of God that are \_\_\_\_\_ to our spiritual preventative care:

a. Be careful what kind of company that you \_\_\_\_\_ and if you find yourself associating with people that are not spiritual and will bring you \_\_\_\_\_, then change company. I Tim. 6:5

b. Be aware of the different tactics that the \_\_\_\_\_ will try to bring you \_\_\_\_\_, and remember this old proverb, "If the adversary can't stop you from going, then he will try to push you too \_\_\_\_\_. Ecc.

7:16

**C. Spiritual Sanitization:**

1. When we are born again, we receive the Spirit of God into our \_\_\_\_\_ and it gives us the power and potential to live a righteous \_\_\_\_\_ but the responsibility still rests upon us to keep clean:

a. Clearly written in Scripture – I Tim. 5:22

b. Some things we must make the \_\_\_\_\_ to get away from. 2 Tim. 2:22

**D. Building Up Yourself:**

1. There is a difference between \_\_\_\_\_ up oneself in pride and in \_\_\_\_\_ up oneself spiritually through praying in the Spirit. Jude 1:20

2. Another necessary spiritual care item is to understand our own personal \_\_\_\_\_ and worth to God and that we must not devalue our \_\_\_\_\_ by thinking that we are worthless. Mt. 22:39

**CONCLUSION:** Other people may teach you and bring you to salvation, but once you are \_\_\_\_\_ again, the responsibility for personal spiritual \_\_\_\_\_ falls on you, and you are the one who will determine whether you move forward in God or stagnate and fall back.