

S

SPIRITUAL

THE INNER LIFE



“What the heart loves, the will chooses, and the mind justifies”
Thomas Cranmer

The Four Gauges

R
RELATIONAL

Are my closest relationships life giving?
Who needs more of my time or attention?

P
PHYSICAL

Am I eating well, exercising, and getting enough sleep to feel energised?

M
MENTAL

Am I guarding my mind? How am I feeling?
Am I dwelling on what's true and good?

S
SPIRITUAL

Am I hearing from God and responding with obedience?
Am I living on mission?

The Spiritual Gauge

1. It is about relationship, not performance
2. The focus is on growing from hearing to doing
3. Initiated by God and His love for us
4. Our response reflects “More of Him and less of us”
    - Am I hearing from God through prayer, Scripture, others?
    - Am I responding with obedience?
    - Am I living on mission?

Cautionary tales

- A weak spiritual walk will not be sustainable, regardless of how strong the others are
- A weak spiritual walk will result in ‘spiritual’ decisions being based on emotions
- A strong spiritual walk does not compensate for the other areas being depleted
- Focusing on the spiritual and ignoring the others, can result in moral failure, health crises and/or burnout.

How it outworks

- Head – Knowing Him better
- Heart – Being intentionally relational
- Hands – Actions reflecting transformation

Hands – Actions reflecting transformation

31 “But when the Son of Man comes in his glory,
and all the angels with him, then he will sit
upon his glorious throne. 32 All the nations will
be gathered in his presence, and he will
separate the people as a shepherd separates
the sheep from the goats. 33 He will place the
sheep at his right hand and the goats at his
left.

Matthew 25:31–45

34 “Then the King will say to those on his right,
‘Come, you who are blessed by my Father,
inherit the Kingdom prepared for you from the
creation of the world. 35 For I was hungry, and
you fed me. I was thirsty, and you gave me a
drink. I was a stranger, and you invited me into
your home. 36 I was naked, and you gave me
clothing. I was sick, and you cared for me. I
was in prison, and you visited me.’

Matthew 25:31–45

37 “Then these righteous ones will reply, ‘Lord,
when did we ever see you hungry and feed
you? Or thirsty and give you something to
drink? 38 Or a stranger and show you
hospitality? Or naked and give you clothing?
39 When did we ever see you sick or in prison
and visit you?’

Matthew 25:31–45

40 “And the King will say, ‘I tell you the truth,
when you did it to one of the least of these my
brothers and sisters, you were doing it to me!’

Matthew 25:31–45

44 “Then they will reply, ‘Lord, when did we ever
see you hungry or thirsty or a stranger or
naked or sick or in prison, and not help you?’
45 “And he will answer, ‘I tell you the truth,
when you refused to help the least of these my
brothers and sisters, you were refusing to help
me.’

Matthew 25:31–45

Heart – Being intentionally relational

[11] This is the message you have heard from the beginning: We should love one another. …[14] If we love our brothers and sisters who are believers, it proves that we have passed from death to life. But a person who has no love is still dead. [15] Anyone who hates another brother or sister is really a murderer at heart. And you know that murderers don't have eternal life within them.

1 John 3:11–18

16 We know what real love is because Jesus
gave up his life for us. So we also ought to give
up our lives for our brothers and sisters. 17 If
someone has enough money to live well and
sees a brother or sister in need but shows no
compassion—how can God's love be in that
person? 18 Dear children, let's not merely say
that we love each other; let us show the truth
by our actions.

1 John 3:11–18

Head – Knowing Him better

10 But it was to us that God revealed these
things by his Spirit. For his Spirit searches out
everything and shows us God's deep secrets.
11 No one can know a person's thoughts except
that person's own spirit, and no one can know
God's thoughts except God's own Spirit. 12 And
we have received God's Spirit (not the world's
spirit), so we can know the wonderful things
God has freely given us.

1 Corinthians 2:10–16

[13] When we tell you these things, we do not use words that come from human wisdom. Instead, we speak words given to us by the Spirit, using the Spirit's words to explain spiritual truths. [14] But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means.

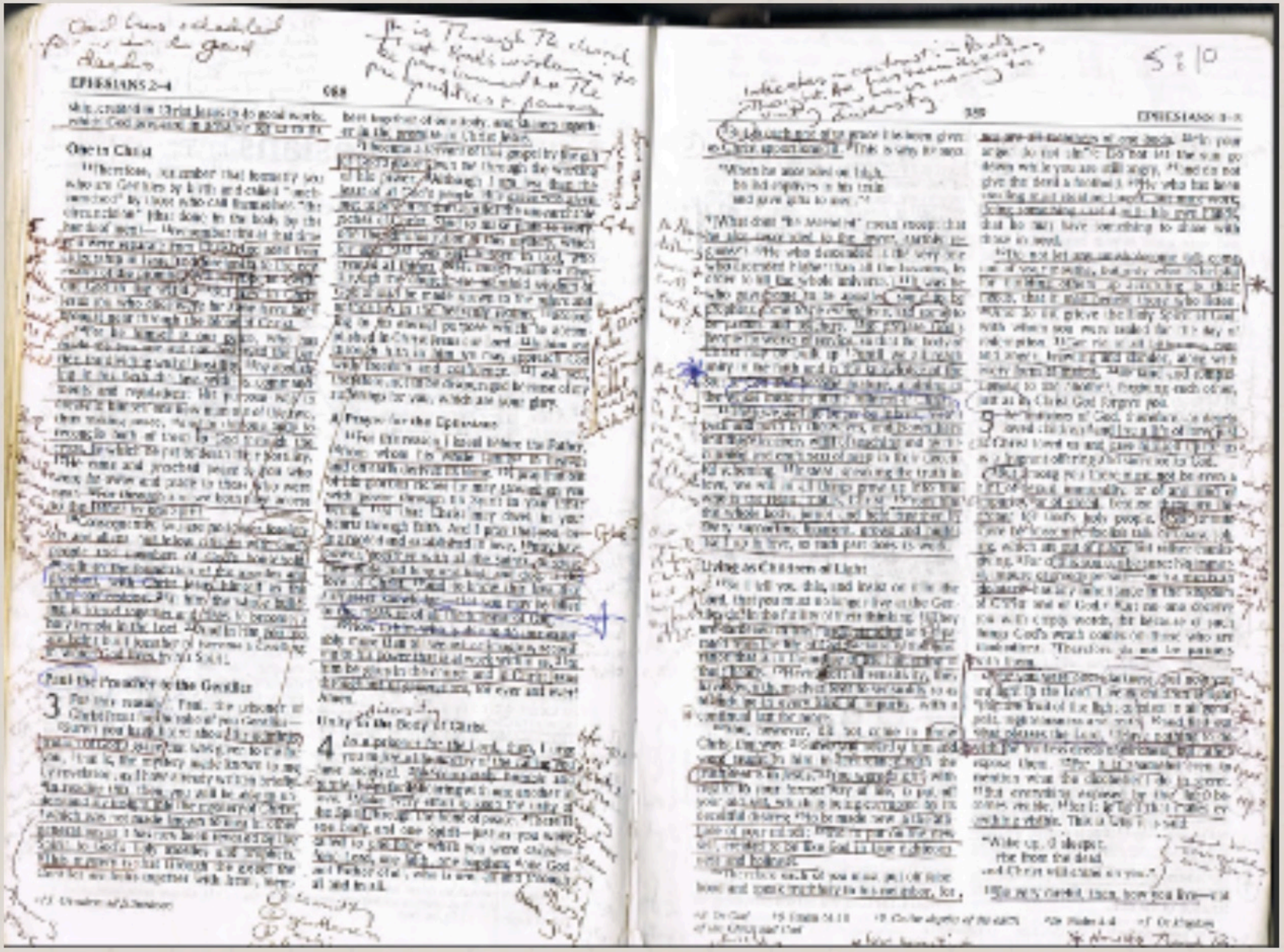
1 Corinthians 2:10–16

[15] Those who are spiritual can evaluate all things, but they themselves cannot be evaluated by others. [16] For, “Who can know the Lord’s thoughts? Who knows enough to teach him?” But we understand these things, for we have the mind of Christ.

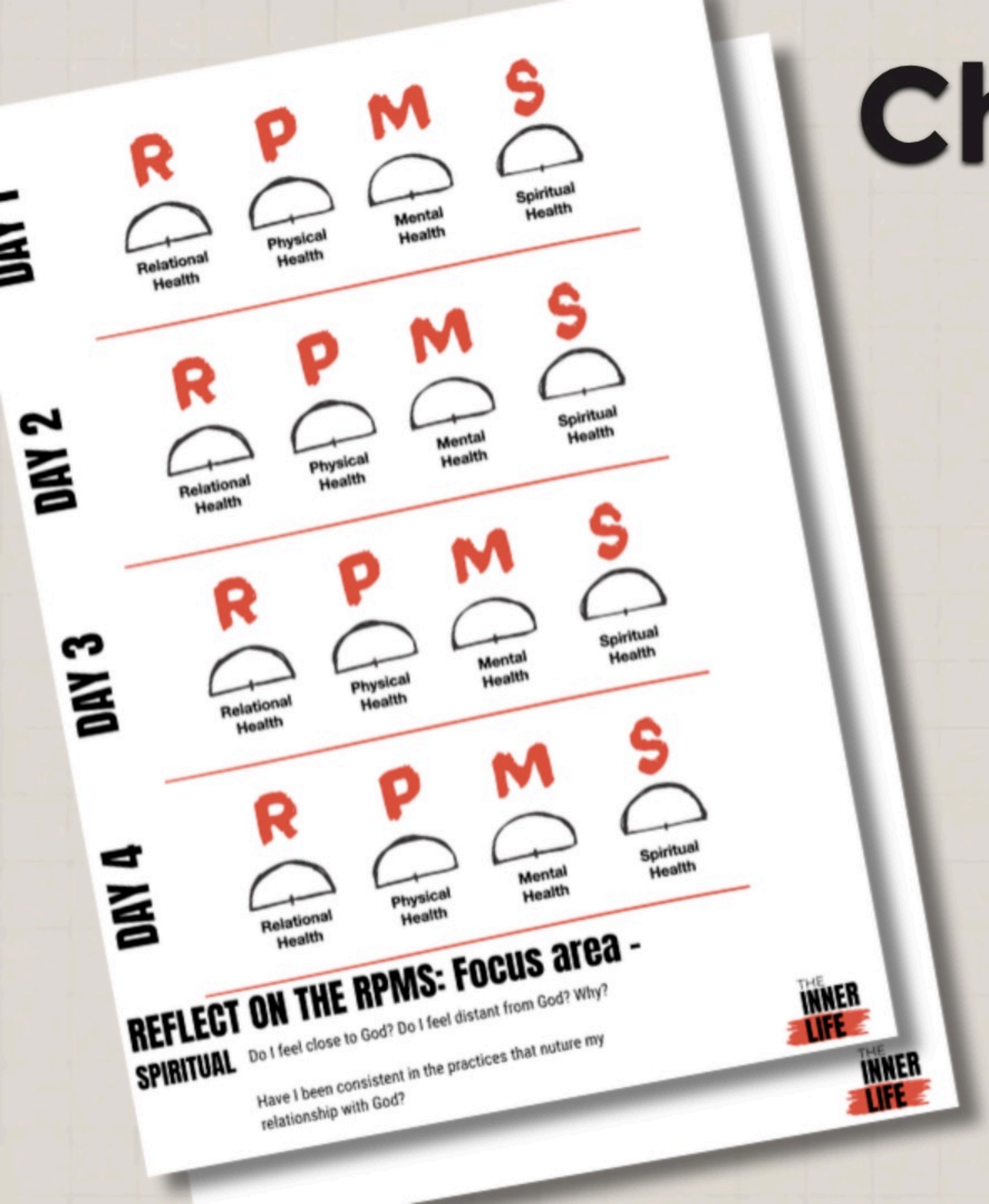
1 Corinthians 2:10–16

Tools to help our spiritual growth

- **The Bible** – learn to understand it, not just read it
- **Prayer** – set aside time and place to pray
- **Spiritual withdrawal** – have regular time alone with God
- **Service** – Put your faith into action
- **Direction/Mentoring/Accountability** – Allow others to speak into your life
- **Spiritual rhythms** – Develop rhythms like sabbath, generosity, silence



The Bible



Check your RPMS

Check your RPMS every day this week to identify where God is inviting you to grow, so you can reproduce the life of Jesus in yourself and others



DISCUSSION QUESTIONS

1. What gets in the way of us feeding our spiritual growth?
2. Read through 1 John 3, how consistent is our love talk and our love walk? How do we make it more consistent?
3. As we approach Christmas, what challenges do we anticipate encountering with loving our natural ‘brothers and sisters’? How can we demonstrate Christ to them?