

Yearning for the spiritual - Improving yourself**New Year improvements**

- ... long term exterior
- ... what long term interior

You cannot improve how much God loves you

You cannot improve the certainty of your salvation

John 3:36 - "Whoever believes in the Son has eternal life. Whoever rejects the Son will not see life for God's wrath remains on him".

Why bother improving yourself?

Glorify God – Ps 63:3 – “because your love is better than life, my lips will glorify you”

Delight in God – Ps 35:9 – “my soul will rejoice in the Lord and delight in his salvation”

Used by God – Eph 2:8-10 – “For it is by grace you have been saved, through faith – and this is not from yourselves it is a gift of God, not by works so that no one can boast. For you are God's workmanship created in Christ Jesus to do good works which God prepared in advance for us to do”

The sort of improvement God offers

- a) More than just cosmetic improvements
- b) Different improvements for different people

1) A transformed mind that desires to serve

Romans 12:1-2, “Therefore I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve God's will. His good pleasing and perfect will.”

God wants us to be people who worship him in our service of him.

2) A mind transformed by God's word

Ps19:7, “The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple. 8 The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. 9 The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous. 10 They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb. 11 By them is your servant warned; in keeping them there is great reward.

2 Tim 3:16-17, “all scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness so that the man of God may be thoroughly equipped for every good work”.

True spiritual improvements are ones that are shaped by the word of God.

3) A mind that makes wise choices in life

What sort of guidance do we have in making wise choices to improve life?

... Balanced Living Now

Word and Spirit

Next week – Ultimate Relaxation.