

Seven Keys To Spiritual Strength

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1 Thess. 5:16-22

Here in the Apostle's letter to the church at Thessalonica there is a great message about intra-church relationships and interactions. But, today we want to look at the seven keys to spiritual strength. It is essential that God's people get fixed firmly on these principles and that they apply them in their lives. It would probably be worth our time to make up a list of these seven keys, then stick it on our refrigerators, and review it every day. Today we want to go through these and think on them. We are hoping the Holy Spirit will cause each believer here to make them his or her own.

I. Rejoice evermore

- ❖ The time for rejoicing began when we were saved and should never stop
- ❖ Rejoicing muscles out all detracting influences from our lives; depression and negativism cannot get a foothold if we will simply look for cause to rejoice when it tries to take us down
- ❖ This spiritual, biblical advice contradicts our basic tendencies (we tend to move into pessimism when trials and negative things begin to happen)
- ❖ This practice can and does grow us in the capacity to withstand setbacks and disappointments
 - Nehemiah 8:10 - "...the joy of the Lord is your strength."

II. Pray without ceasing

- ❖ Prayer indicates a soul in communion with God
- ❖ When we are communing with Him, we leave no room for vagrant faithless things to creep into our lives

III. In everything give thanks

- ❖ When we look for a cause to thank God in every circumstance, we present a defense against complaining

IV. Quench not the spirit

- ❖ The Holy Spirit leads us to spiritual high ground. If we quench Him we may end up on low ground

V. Despise not prophesyings

- ❖ Have respect to what we hear preached from God's word...don't discount it; don't take it lightly; don't treat it as unimportant by the way you ignore its instructions, warnings, or guidance.

VI. Prove all things and hold fast that which is good

- ❖ We should try all spiritual opinions by the word of God – when spiritual teachings and utterances, attitudes and thoughts agree with the Word, we have proved them in the sense of our text
- ❖ This “prove all things” also means discard that which is bad
- ❖ Incorporate the good things into a life ethic
- ❖ “Hold fast that which is good” also means to not let its effects and impact on your life drift away, get lost, or get laid aside.

VII. Abstain from all appearance of evil

- ❖ Take holy living and practice beyond the bare obedience to the commandment. If something will cause it to look like you are acting out evil, don't do it.
- ❖ You'll note that this instruction does not say “abstain from evil” but rather abstain from ALL appearance of evil. That takes thought.

Conclusion:

Seven keys to spiritual strength: **Rejoice evermore, pray without ceasing, in everything give thanks, quench not the spirit, despise not prophesyings, Prove all things and hold fast that which is good, and abstain from all appearance of evil.**