



# The Secret to Vibrant Spirituality

# The Challenge of The Spiritual Life



“Do you like falling?”





# What's Wrong With My Spiritual Life?

- “I can’t seem to find victory over sins that keep pulling me down.”
- “I just don’t have fire that I once had. I don’t even enjoy church any more.”
- “I feel so burdened and I’m plagued by guilt and remorse. I can’t seem to find peace.”
- “I feel like a ‘cultural Adventist’ – I do all the right things, but sometimes I feel like I’m faking it and it’s not real.”



# Myth #1: Spirituality = Feelings

- Unless you feel close to God, and you have a conscious sense of His presence, then you don't have a vibrant spirituality. True spirituality is emotional closeness and intimacy with God.

# Feeling-based Spirituality





# Problem with Feelings

- Feelings are based on perception instead of reality.
- Feelings fluctuate with our moods.
- Feelings often become a substitute for real change.



## Myth #2: Spirituality = Facts

True spirituality is about what you believe and the most spiritual people are those who study their Bibles a lot.



# The Pharisees' Problem

- Skilled in a knowledge of the law, but Jesus called them “white washed tomb stones.”
- It is not head knowledge but heart knowledge that saves you.





## Myth #3: Spirituality = Sinlessness

If I can change my behavior. If I can just learn to stop sinning, then I'll be able to have a great relationship with God.

# The Problem

I can't seem to stop sinning! Just when I fix one thing, another sin trips me up. I keep falling!



# The Iceberg Principle



WWJD or WDJJ?



# WWJD or WDJJ?

- It is the overall preparation of mind of body as well as discipline that makes a good athlete



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- It is not simply “in the moment” performance



# WWJD or WDJJ?

- It is the overall preparation of mind of body as well as discipline that makes a good athlete
- It is not simply “in the moment” performance
- It is a way of life that is so ingrained that doing the right thing “comes naturally.”





# SPIRITUALITY

Who you are is  
more important  
than what you do





## Myth #4: Spirituality = Security

“You really don’t have to worry about sin and holiness. God loves you anyway, so rejoice in his love and stop feeling so guilty!”

# Problem

- The more comfortable you are, the less likely you are to change. A feeling of security does not mean vibrant spirituality. Jesus called the Pharisees blind and foolish because they were secure in their salvation but not part of the kingdom.



# What is Spirituality?

- Feelings
- Facts
- Sinlessness
- Security





# Hudson Taylor



# Hudson Taylor

“I mourn that I am so slow to imitate my precious Master. I cannot tell you how I am buffeted sometimes by temptation. I never knew how bad a heart I had.”



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“I mourn that I am so slow to imitate my precious Master. I cannot tell you how I am buffeted sometimes by temptation. I never knew how bad a heart I had.”

“My work was never so plentiful, so responsible, or so difficult as it is now, but the weight and strain I used to feel are gone.”

# Dwight L. Moody

- Experienced a dissatisfaction that increased to the point of desperation.
- Yet he would say of an experience later, “I can only say that God revealed Himself to me and I had such an experience of His love that I had to ask Him to hold back His blessing.”





# The Secret

- “It was an exchange.



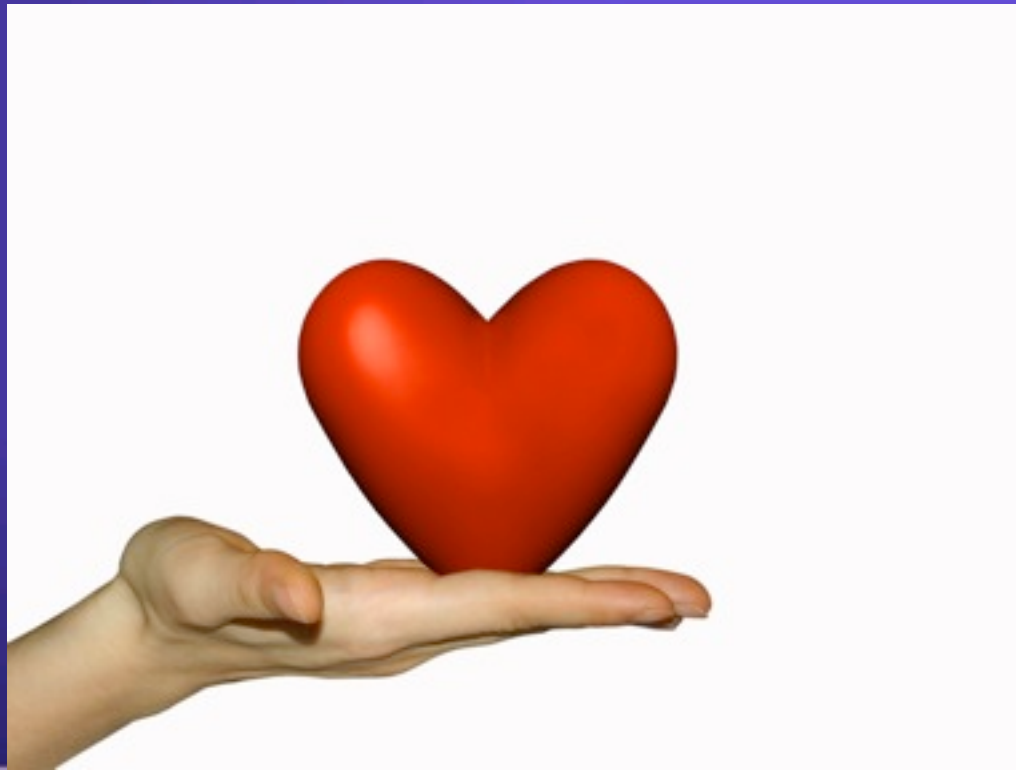
# The Secret to Spirituality?

Spirituality is Surrender



# Salvation is by Grace through Faith

- Faith is simply trusting God enough to give yourself entirely to Him.



# What is Faith?

Saving faith is a **transaction** by which those who receive Christ join themselves in covenant relation with God. *Desire of Ages*, p.347





# Process of Faith

1. **You cannot change your heart** and make yourself holy. But God promises to do all this for you through **Christ**.
2. You **believe** that promise.
3. You **confess** your sins.

# What comes next?

3. **Give** yourself to God.
4. You **will** [choose] to serve Him.

Just as surely as you do this, **God will fulfill His word to you.** - p. 51



# The Process of Faith



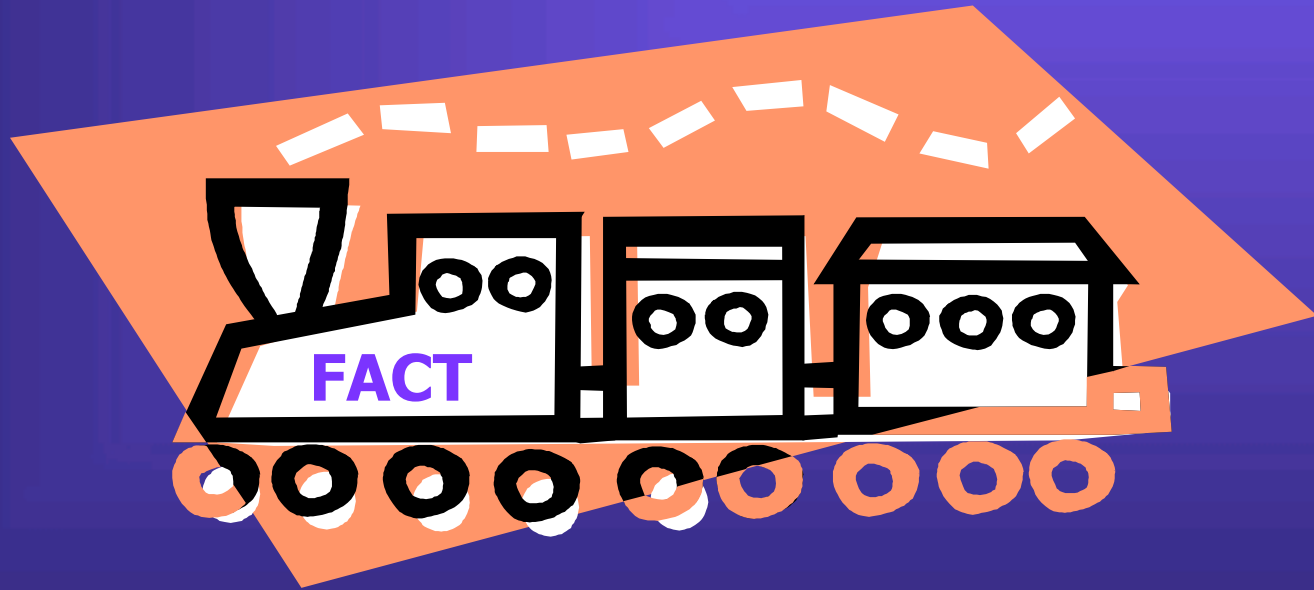
**Admit**

**Believe**

**Confess**

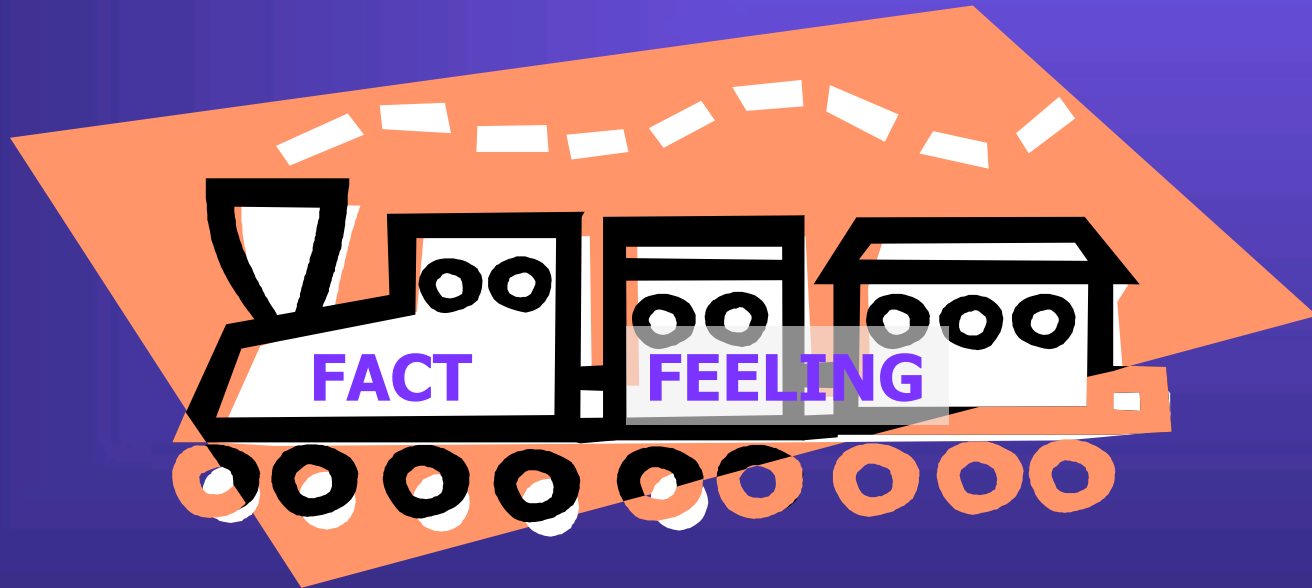
**Decide**

# Faith and Feelings





# Faith and Feelings





# Personal Promises

Put away the suspicion that God's promises are not meant for you... **None** are so sinful that they cannot find strength, purity, and righteousness in Jesus, who died for them.

SC 52, 53



# The Test of Faith

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- How can we know whose side we are on?



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- Who has the **heart**?



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# The Test of Faith

- How can we know whose side we are on?
- Who has the **heart**?
- With whom are the **thoughts**?
- Of who do we love to **converse**?
- Who has our warmest **affections** and best energies?



# Growing in Faith


- Now that you have given yourself to Jesus,
  1. Do not **draw back**,
  2. Do not **take yourself away** from Him,
  3. But day by day say, "**I am Christ's**; I have given myself to Him;" and
  4. Ask Him to give you **His Spirit** and keep you by His grace.





# Growing in Faith

**Christ changes the heart.** He abides in your heart by faith. You are to **maintain this connection** with Christ by **faith** and the **continual surrender of your will** to Him; and so long **as you do this, He will work** in you to will and to do according to His good pleasure. SC 62



**JAMES 2:19** K J V

“... the devils  
also believe,  
and tremble.”



# Growing in Faith

- Where there is not only a **belief in God's word**, but [also]
  1. A **submission** of the **will** to Him;
  2. Where the **heart** is **yielded** to Him,
  3. The **affections** **fixed** upon Him,There is faith--faith that works by love and purifies the soul.” *Steps to Christ*, p. 63





# A Cure for Anxious Christians

- “The child cannot, by any anxiety or power of its own, add to its stature. No more can you, by anxiety or effort of yourself, secure spiritual growth.” SC 68
- Apart from Him you have no life. You have no power to resist temptation or to grow in grace and holiness. Abiding in Him, you may flourish. SC 90

# The Secret to Perfection!

- You are **not to look to yourself**, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character.... It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness. SC 69, 70





# Four Distractions of Satan

When the **mind dwells upon self**, it is turned away from Christ, the source of strength and life. Hence it is Satan's constant effort to keep the attention diverted from the Saviour and thus prevent the union and communion of the soul with Christ.

- ⑩ The pleasures of the world
- ⑩ Life's cares and perplexities
- ⑩ The faults of others
- ⑩ Your own faults and imperfections

Steps to Christ, p.71

# Broom Illustration

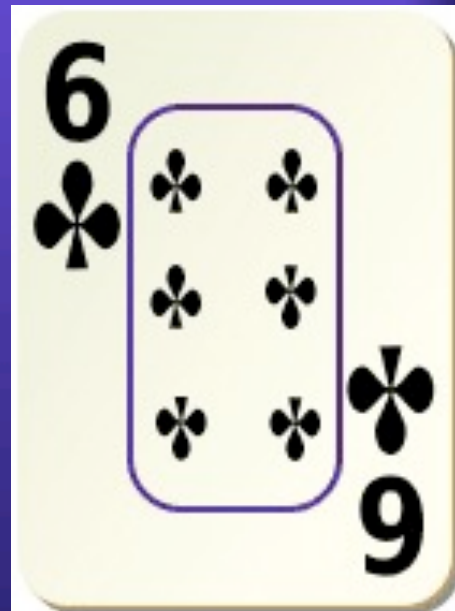
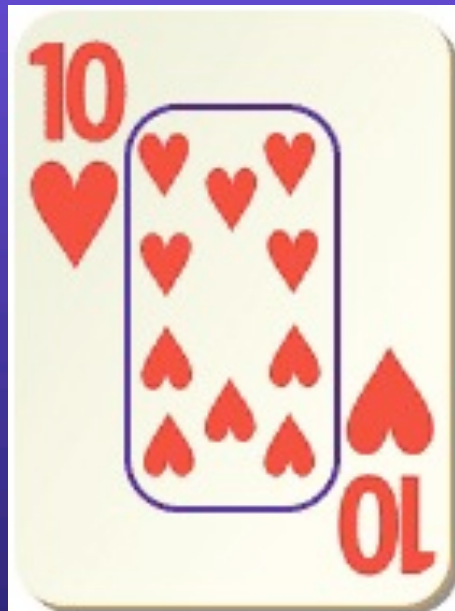
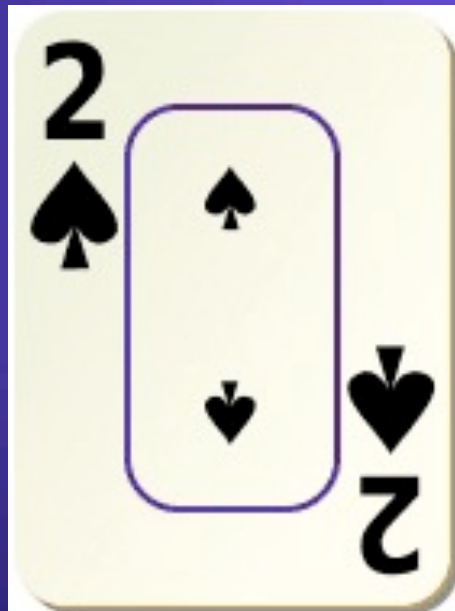
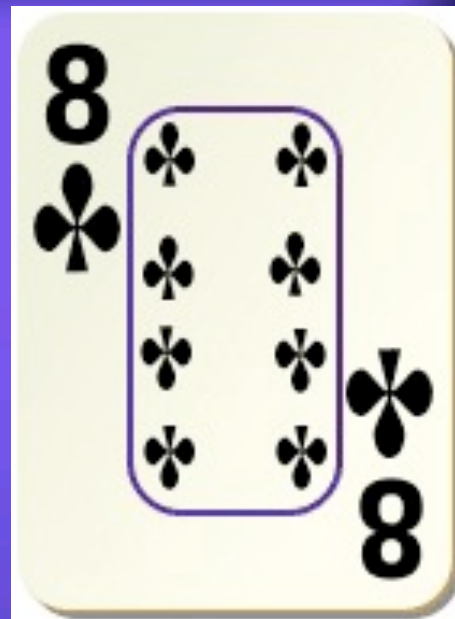
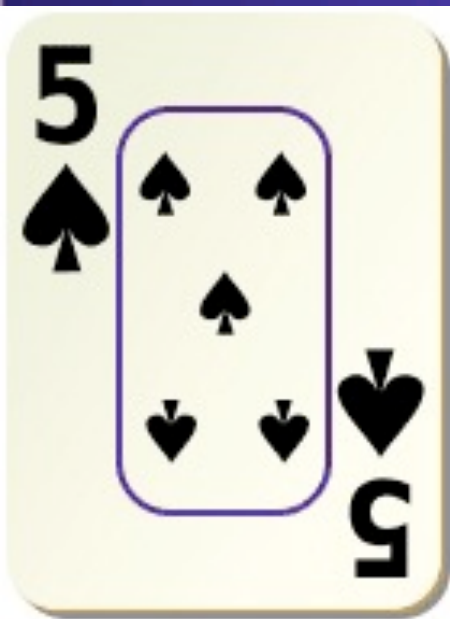




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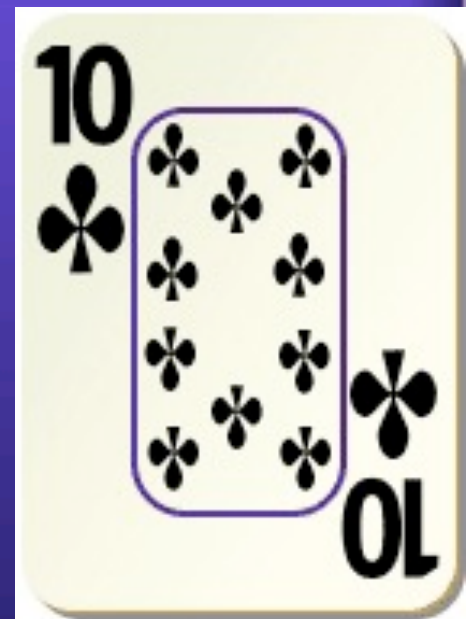
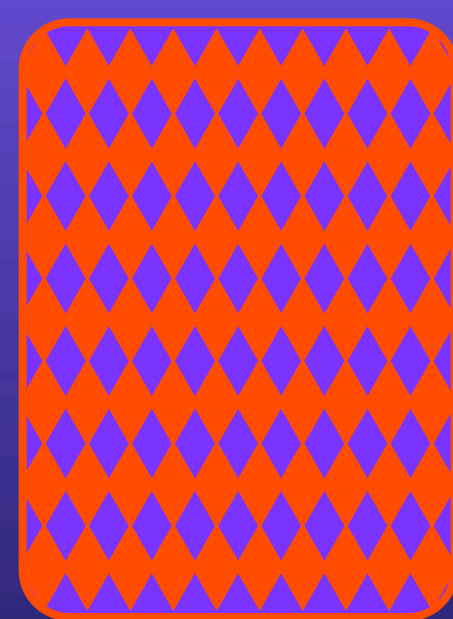
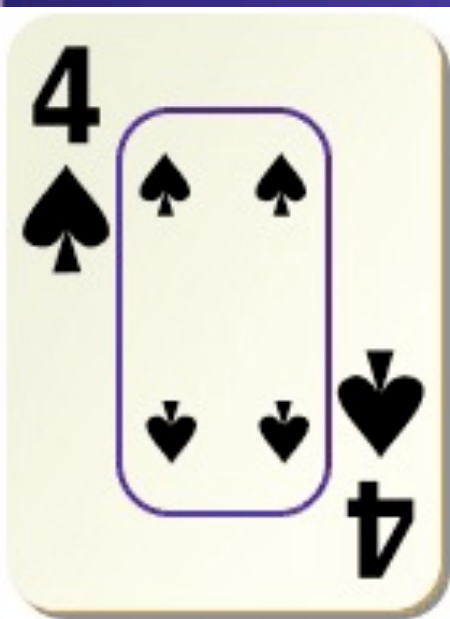
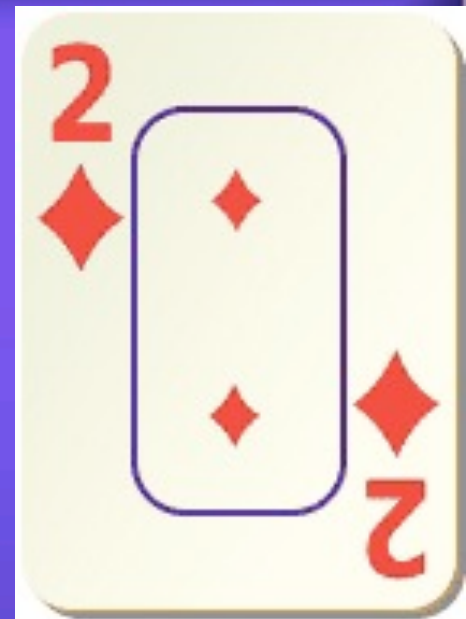
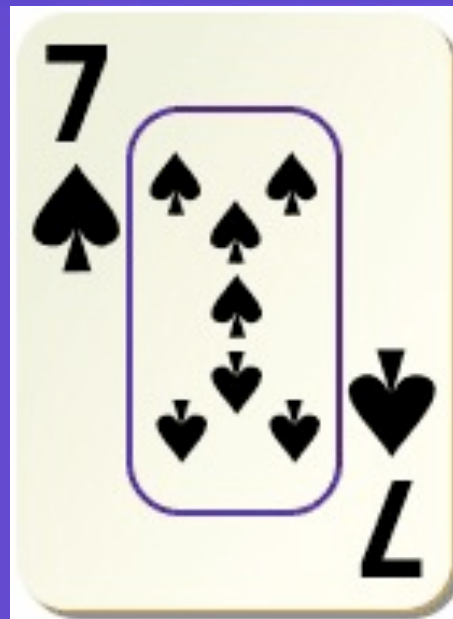
**On the next slide, there  
will be eight cards.**

**Choose one, and  
memorize it.**



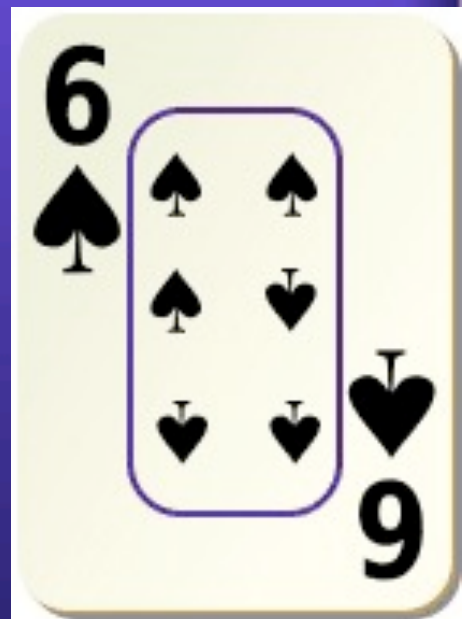
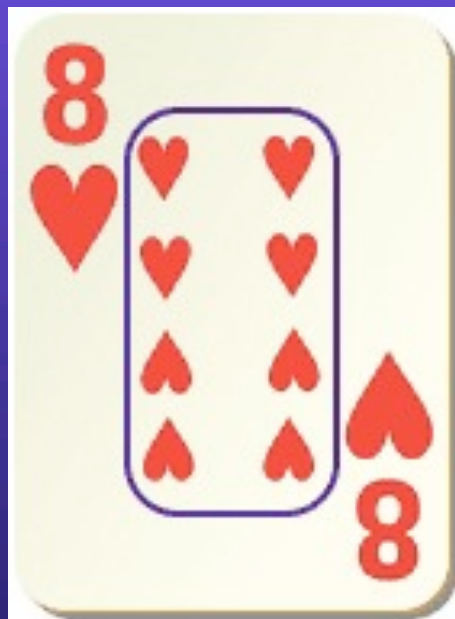
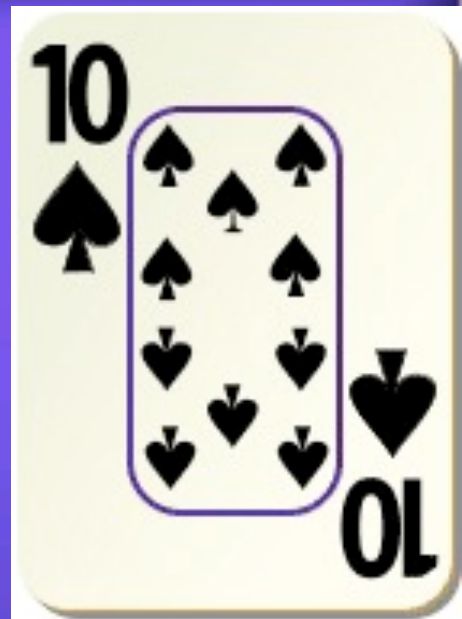
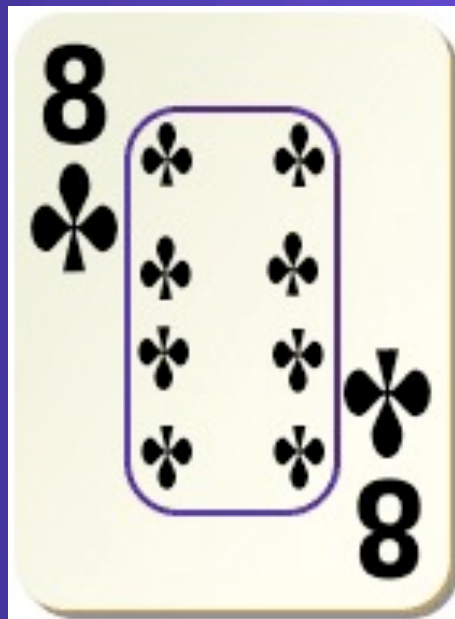
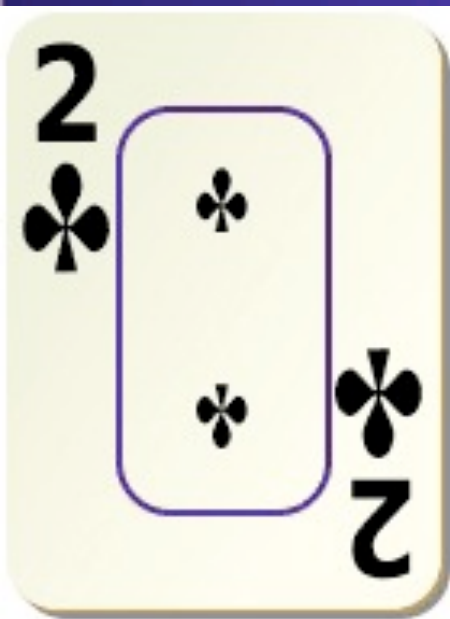
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**On the next slide, the  
card you chose will be  
turned face down.**



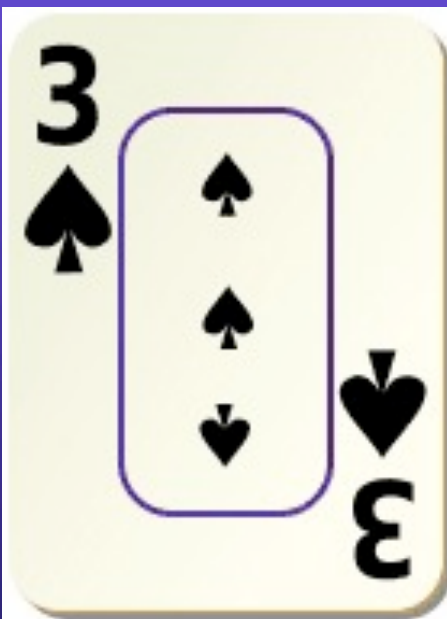
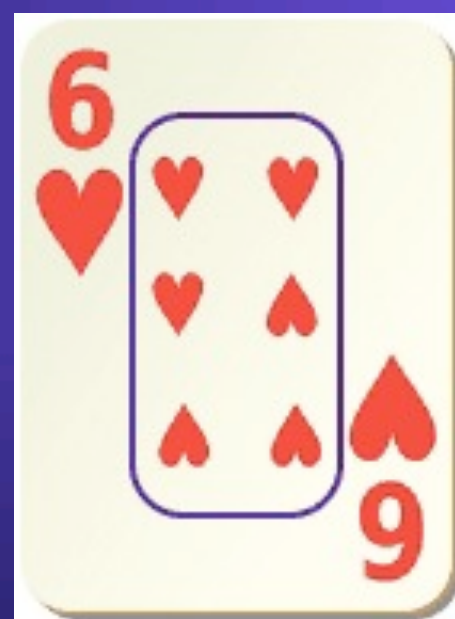
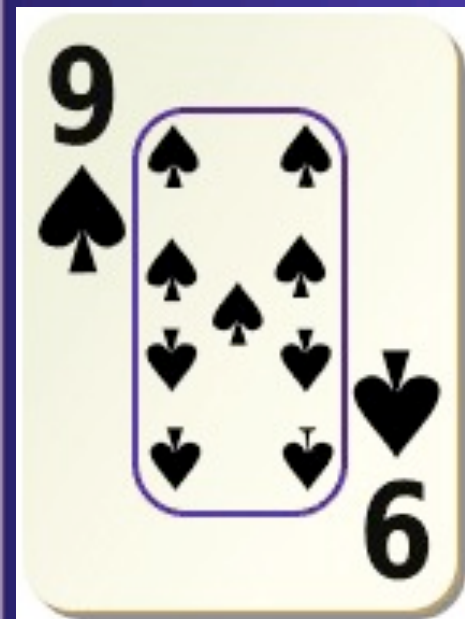
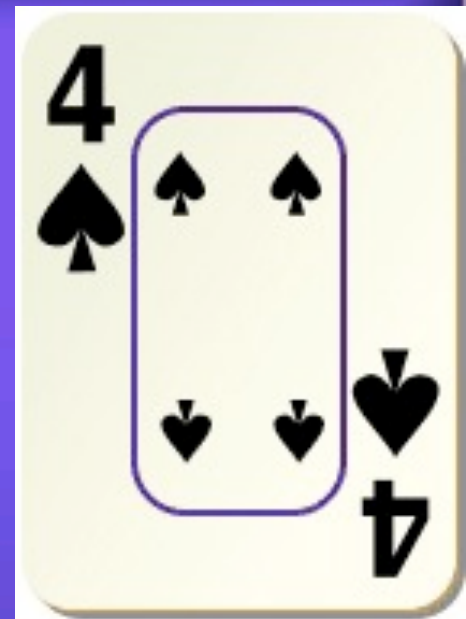
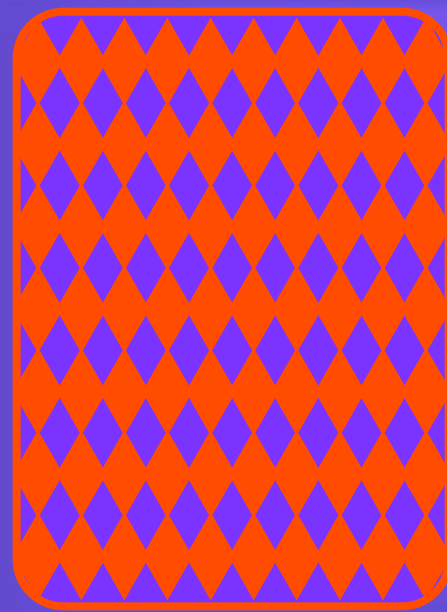
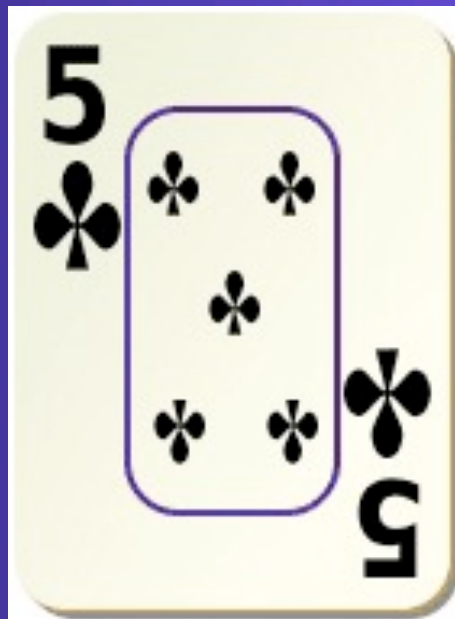
## Set #2

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# Set #2

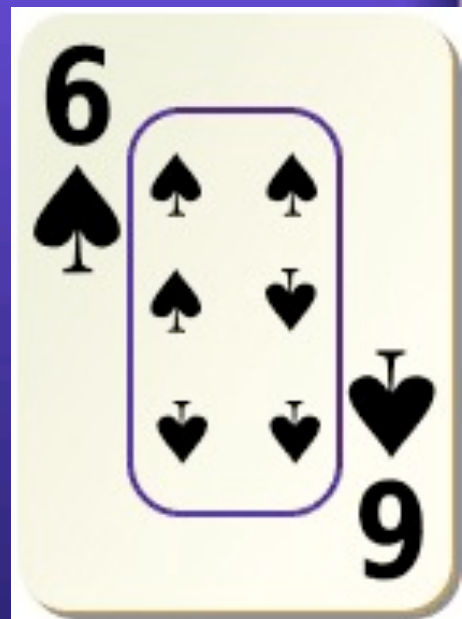
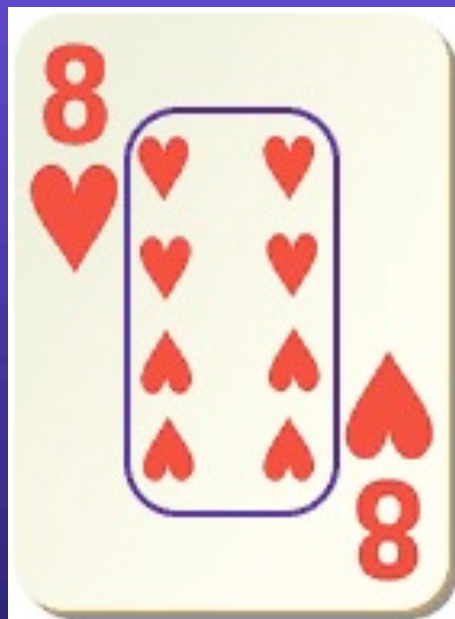
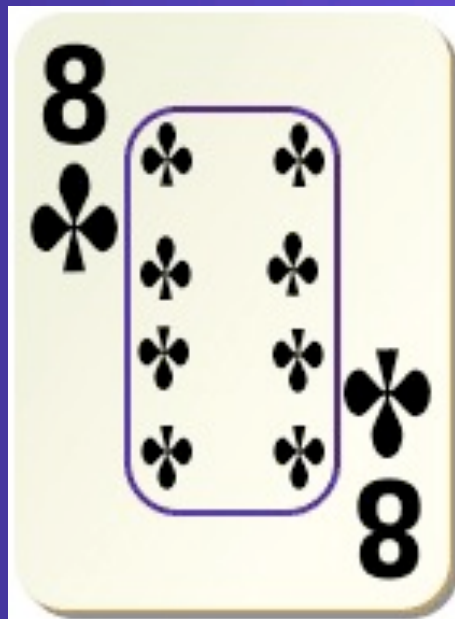
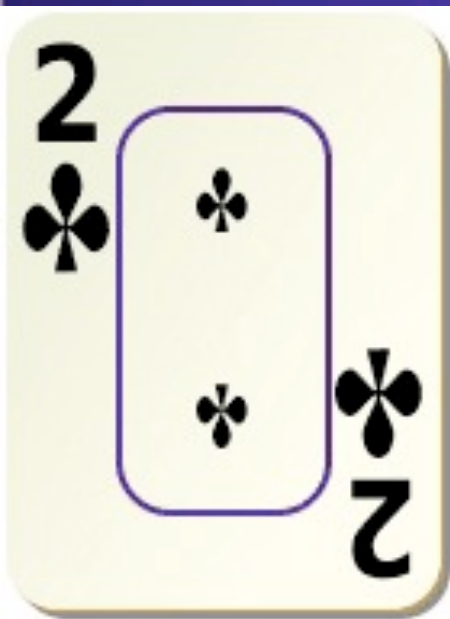
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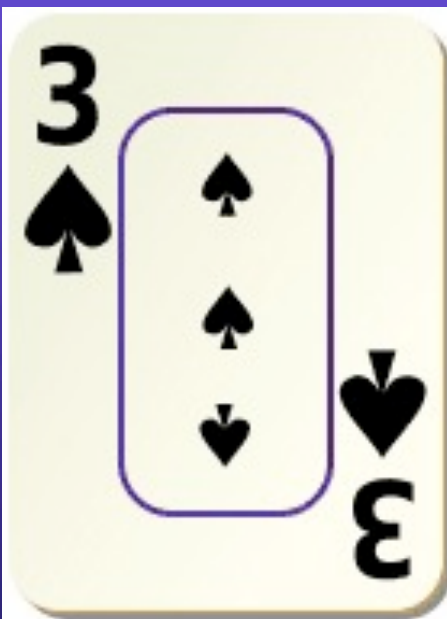
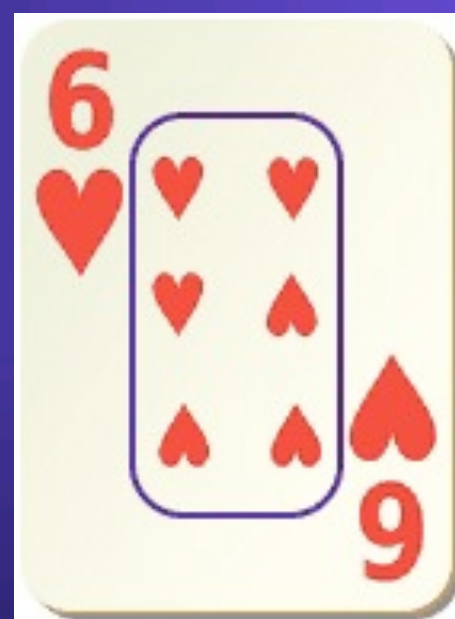
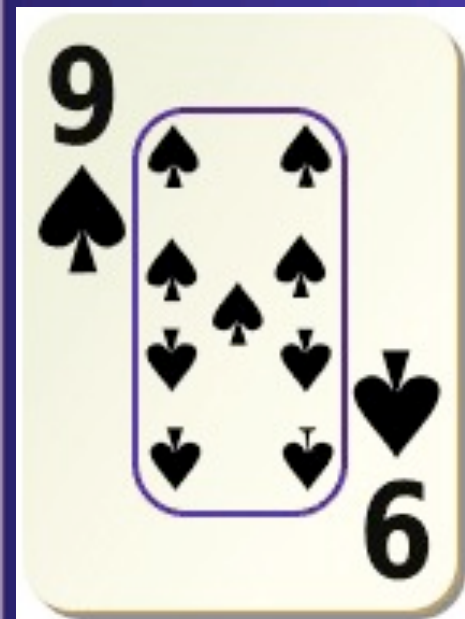
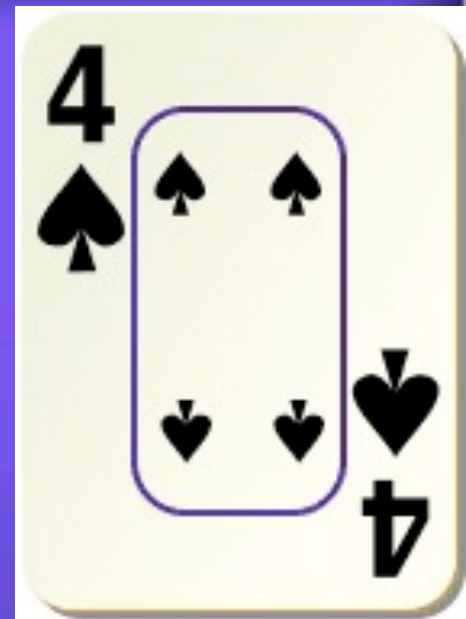
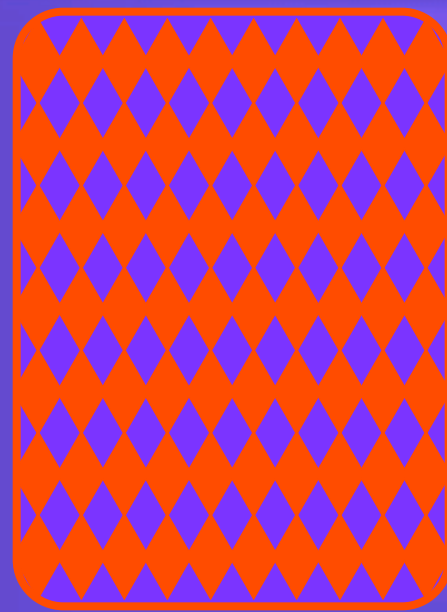
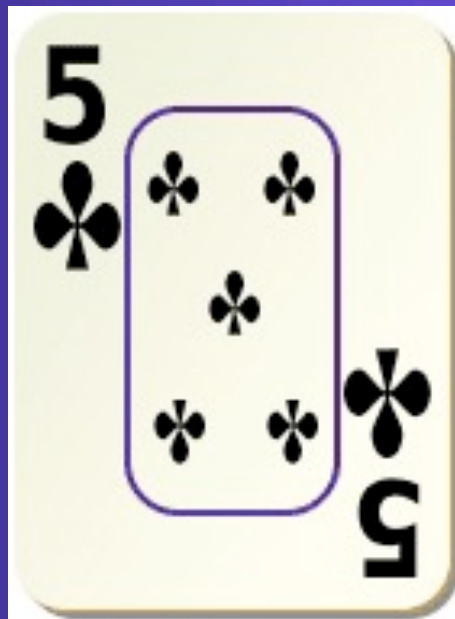






# The Secret





# Where's Your Center?

We should not make self the center and indulge anxiety and fear as to whether we shall be saved. All this turns the soul away from the Source of our strength. Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. **Let self be lost in Him.** Put away all doubt; dismiss your fears. SC 71





# Summary

- Faith is trust and surrender
- Faith is a transaction
- Faith puts the focus on Christ not on ourselves

