

Cardiopulmonary Christianity

VITAL SIGNS - Pt. 3

January 22, 2017

INTRO ... a Top Priority to check and to monitor for the sake of health!

Cardiopulmonary basics:

Breathing and a heartbeat are THE metrics for labeling someone "alive". If you are not breathing and you have no heartbeat, you are NOT alive

- *BREATHING* ...

- *CARDIO* ...

*...At the center of the Cardiopulmonary system (and all of life) is a
"Beating Heart" ...*

The Holy Spirit—the Heart of the Christian Life

(4 Aspects of a healthy heart—observed in what the Holy Spirit does in us...)

- **The Spirit Imparts Life** (in the same way we "come to life physically" when the heart beats... we come to life when the Spirit INDWELLS us.)

John 3:1-10, 14-15

v.3 ... a "Cut-to-the-chase" conversation with a Religious Man!—THE NEED, the Issue in our lives is to Come Alive Spiritually—to Have a Spiritual Heart Beating!

"What happens in the new birth is not getting new religion but getting new life. ...Nicodemus did not need religion; he needed life—spiritual life. What happens in the new birth is that life comes into being that was not there before. New life happens at new birth. This is not religious activity or discipline or decision. This is the coming into being of life." John Piper, "Finally Alive", p. 28-30

Are You ALIVE with the Spirit—not just adjusting your behavior for the sake of personality, people, or preferences! ...The Life of the Spirit is a Healthy inner compelling!

- ***THE Most Important Thing about You and Your Spirituality is Whether You have Been Born-Again by the Holy Spirit! ...Does THAT Define the Most Important Dimension of Your Spiritual Life?***

What is associated with this "coming alive"?

Jn 3:14-18 ...Notice where Jesus goes in connection to Being Born Again—to BELIEF!

John 7:37-39 On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. 38 Whoever believes in me, as the Scripture has said, Out of his heart will flow rivers of living water." 39 Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.

"Checking Your Pulse"

- ***What are we doing when we "check someone's pulse"?*** ...We are seeking to find out if they have done what Jesus describes in Jn 3 & 7 ...If they have "BELIEVED" and RECEIVED!

You Are NOW Spiritually Alive ...i.e. There's a New Dimension to Your Life for You to Learn, to be mindful of, and to promote its health to Draw from and to Receive from!! ...There is a living "person" in you!! He is a "Compelling, Inside-out Living Presence"

"...it is an inward, free, and self-moving principle: and those who have made progress in it, are not actuated only by external motives, driven merely by threatenings, nor bribed by promises, nor constrained by laws; but are powerfully inclined to that which is

good, and delight in the performance of it. The love which a pious man bears to God and goodness, is not so much by virtue of a command enjoining him so to do, as by a new nature instructing and prompting him to it; nor doth he pay his devotions as an unavoidable tribute only to appease the divine justice, or quiet his clamorous conscience; but those religious exercises are the proper emanations of the divine life, the natural employments of the new-born soul. He prays, and gives thanks, and repents, not only because these things are commanded, but rather because he is sensible of his wants, and of the divine goodness, and of the folly and misery of a sinful life." **Henry Scougal**, "The Life of God in the Soul of Man", Kindle loc 42

- If we are not careful, we can find ourselves trying to live a Christian life that is NOT "Inside-out"!

...THIS is why so many young people come to a "crisis of faith" in their late teens and early 20's...

... if all you have is behavior modification and conformity to those around you that you trust, but you lack HEART AFFECTION and RELATIONAL COMPELLING ...You will be in SERIOUS TROUBLE as you get older and get exposed to a Different Community of People

- **The Spirit Leads us into Understanding the Truth/Word.** ...There is no understanding of God without the Holy Spirit

John 14:16-17...26 And I will ask the Father, and he will give you another Helper, to be with you forever, 17 even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. ...26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

1 Cor 2:9-13 But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him"—10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. 11 For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the

thoughts of God except the Spirit of God. 12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. 13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

Rom 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

- **The Spirit Wars Against the Flesh** ...Mortifying the deeds of the flesh by the Spirit.
...Part of what the cardiopulmonary system does is to transfer white blood cells and antibodies that go on the attack against infection...

Gal 5:16-17 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Rom 8:13-16

- **A Healthy Heart HAS CONVICTIONS!** ...Things bear witness with us; we WANT to avoid certain things and we have inner longings for other things that we find very rewarding and enjoyable!

- **The Spirit Fills us for Extraordinary Enablement** ...Filled with the Spirit (i.e. the Cardio Workout and Adrenalin zone) ...There's more to life than your heart beating at 72 beats/min. ...The Bible describes this sort of operation and experience as being "Filled with the Spirit"

Acts 1:8; Acts 2:1-4; Acts 2:17; Acts 4:31

- It is an accelerated operation of the Spirit; it is more Spirit dominant and pronounced ...When you are "doing cardio" or in an adrenaline moment—you are Very Mindful of Your Heartbeat!! ...You notice it, you "experience" it, ...In a similar way, there is a more pronounced, experiential component to the Spirit's operation in and through us, when we are "filled with the Spirit"