

## "Vital Signs"

Proverbs 4:23

January 8, 2017

### INTRO ...The January Health Focus

2 Helpful Lessons from this annual human ritual: **(1) Health Matters!** **(2) You Must Learn 'Intentional Management' in an Age of Abundance**

But ... *life is more than "Natural Dimensions"*

*"A 'secular age' is one in which all the emphasis is on the sacculum, on the here-and-now, without any concept of the eternal. Meaning in life, guidance, and happiness are understood and sought in present time economic prosperity, material comfort, and emotional fulfillment. ...Individuals could profess to not be secular people, to have religious faith. Yet, at the practical level, the existence of God may have no noticeable impact on their life decisions and conduct. This is because in a secular age even religious people tend to choose lovers and spouses, careers and friendships, and financial options with no higher goal than their own present time personal happiness. ... Even if you are not a secular person, the secular age can 'thin out' (secularize) faith until it is seen as simply one more choice in life—along with job, recreation, hobbies, politics—rather than as the comprehensive framework that determines all life choices." Tim Keller, "Making Sense of God," p. 3*

—*"What is Life?" What does life consist of? What does it mean to be "alive"? What then does it mean to live a "healthy life"?*

## "LIFE"

Life in 2 Dimensions ...The Bible's presentation of man ...Physical AND Immaterial (soul/spirit).

**Prov 4:23** Watch over your heart with all diligence, For from it flow the springs of life.  
 ...Long before FITBITS!!

**Matt 10:28** And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.  
 ...Don't just have a plan for protecting the Physical Dimension of your life!—

**Deut 4:9** "Only take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life.

**Matt 15:10-12, 19-20** And he called the people to him and said to them, "Hear and understand: 11 it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person."  
 ...19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. 20 These are what defile a person. But to eat with unwashed hands does not defile anyone."

1 **Peter 2:11** Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

**Isa 26:9** My soul yearns for you in the night; my spirit within me earnestly seeks you.

...Did you know that there is an inner longing and restlessness that is yearning for GOD—

### "Life" as it is Defined by the Creator (Insights on Spiritual Physiology)

... **to aim at "health" one needs something to aim at!**...

**Ps 90:12** So teach us to number our days that we may get a heart of wisdom.

### **Biblical Definitions of "Life"**

**Gen 2:7** then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. *ESV* And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul ('nepesh'). *KJV*

**Job 33:4** The Spirit ('ruah') of God has made me, and the breath ('samah') of the Almighty gives me life ('hayah').

...**So, we are DUST + BREATH** ...And while Both Count—there's a greater Emphasis on this "Unseen Dimension of LIFE"

### John uses the term 'life' some 47 times

**John 1:1-5** In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through him, and without him was not any thing made that was made. 4 In him was life, and the life was the light of men.

**John 3:36** whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.

**John 4:14** but whoever drinks of the water that I will give him will never be thirsty forever. The water that I will give him will become in him a spring of water welling up to eternal life."

**John 5:39-40** You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me, 40 yet you refuse to come to me that you may have life.

**John 6:33** For the bread of God is he who comes down from heaven and gives life to the world."

**John 10:10** I came that they may have life and have it abundantly.

- The common emphasis of John (to religious people!) is that they are alive in a physical sense (Brain waves and a Full FITBIT Log!)—while they are yet "Lifeless"

- THIS Must Matter to us—that we are called to pay attention to 2 Aspects of "Life"!!

**John 17:3** And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.

### **...So, what does life consist of?**

**Luke 12:13-21** Someone in the crowd said to him, "Teacher, tell my brother to divide the inheritance with me."  
 14 But he said to him, "Man, who made me a judge or arbitrator over you?" 15 And he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." 16 And he told them a parable, saying, "The land of a rich man produced plentifully, 17 and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' 18 And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. 19 And I will say to my soul, "Soul, you have ample goods laid up for many years; relax, eat, drink, be merry." 20 But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' 21 So is the one who lays up treasure for himself and is not rich toward God."

- **NOTE – how this man seeks to "counsel and comfort his SOUL"... v. 18-19**
- **NOTE – The basis of this man's quarrel and conflict that motivates him to seek out Jesus is that He is MISINFORMED about What Life "CONSISTS" of!! (v. 15)—**
  - ***His life's conflicts were affected by what he believed life "consisted of"***
  - ***Interesting reason as to why this man "came to church" that day***
- v. 16ff ...the parable Jesus designs for this way of thinking highlights a great deal of effort being spent in the earthly, physical, temporary realm—while NEGLECTING the Spiritual Dimension of "LIFE"!

### **What Does "Life" Consist of?**

**Ps 73** ...Tells the story of a man who needed to REDISCOVER what life really consisted of! ...It tells the story of a man who went through a season of severe emotional upheaval ...because he thought he was getting a raw deal on the "life" he had been dealt! He was bitter, angry, negative, complaining, critical, jealous, comparing, shaking his fist at God, etc! ...Because he thought life "consisted" of certain things—primarily things that could be measured by Fitbits and Bank Accounts!

...His moment of "Sanity" comes when he "redefines what Life Really CONSISTS of"—Ps 73 final passages.

**...Lk 12 is Jesus "Playing Soul Doctor"** ...He's showing up and addressing the health conditions of their souls! ...This is familiar territory for Jesus, as well as the prophets—they flew in town like the W.H.O., set up a tent and began to do Health Checks on the Soul!

### **YOU are to keep watch over your souls—but not JUST you!**

**Heb 13:17** Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

## Lakeview Christian Center

"Vital Signs"

Pastor Keith Collins

**Scripture = the Soul's MRI** ...**Heb 4:12-13** For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

...The MRI of the Word of God ...To accurately discern our lives and our health, we must place our lives under the examination of Scripture! ...**SCRIPTURE Reveals Our VITAL SIGNS**

### What Are Vital Signs

**What are vital signs?** ...Vital signs are measurements of the body's most basic functions. The four main vital signs routinely monitored by medical professionals and health care providers include the following:

- Body temperature
- Pulse rate
- Respiration rate (rate of breathing)
- Blood pressure (Blood pressure is not considered a vital sign, but is often measured along with the vital signs.)

Vital signs are useful in detecting or monitoring medical problems. **John Hopkins** ([hopkinsmedicine.org](http://hopkinsmedicine.org))

### 'Knowledge of God' ...is like the Oxygen of the Spiritual Life

The most VITAL of the Vital Signs ...are Cardio-Pulmonary Related (3 of 4) - the system of our physiology that manages the Oxygen Supply of our physical bodies. Inhaling, Distributing, and Exhaling ...all 3 are VITAL to health.

#### The Spiritual Parallels of "SPIRITUAL BREATHING":

- **Inhaling** = the intake dynamics of knowing and experiencing God
- **Distributing** = the ministry of the Spirit ...likened to the blood and the beating heart
- **Exhaling** = the expression of this life. Life must have a healthy outflow!

### Our BASIC VITAL SIGNS

- SPIRITUAL BREATHING - Cardio-Pulmonary related (the inflow & outflow of your spiritual life)
- TEMPERATURE - Often is a revealer of infection ...something that has invaded your life and is inhibiting health.

### STEPS to SPIRITUAL HEALTH in 2017

1. *Don't Miss the Vital Signs Messages*
2. *Fill Out Your Vital Signs Questionnaire*
3. *Join a Spiritual Health Club ...we call them CG's*
4. *Make an Appointment to see your Soul Doctor*
5. *Have a Plan for Your Spiritual Health, not just your Physical Health this year*