

SPIRITUAL HEALTH STATUS

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God bless you,

Oluwatobi S. Adewuyi

Coordinator

Topic:

SPIRITUAL HEALTH STATUS

Key Text: 1 Thessalonians 5:23

Teacher: Moses O. Adewuyi

Prayer

Father in heaven we appreciate you for another privilege to tarry at your feet to eat from the word of life, receive all praise, honor and glory. We pray that may your presence be with us and let the Holy spirit grant us understanding and wisdom, and be with the one to lead us in Jesus name.

Introduction

Before we go into what spiritual health status means, let's know what health is. I know fully well that there are some here who are into the science part of education while some are not, since we have various fields in the educational system. Those who are into the science aspect will have a foreknowledge of what these things are. However, for the sake of others whose fields are different, let's go a little bit into what these things mean.

What is health?

Health means the condition of being sound in body, mind, or spirit. It is a condition in which someone or something is thriving or doing well. It also means the general condition of the body. Good Health is something that's very important to the human body. This is why when a part of our body starts reacting anyhow, we feel so weak and tired to get involved in activities. This is because bad health can have adverse effects to our body system. And, since this bodily container is what we make use of to be able to live in this world, we therefore find it difficult to live in peace whenever the body is weak and sick.

Health Status of a person is the particular state of the body of that person. Some have a poor health status while some is fair. The state of one's health is the health status of such a person. Just as we have the physical and mental state of health, so

we have spiritual state of health. It so much pains me when I move on the street and see mentally derailed persons. I always groan within me that despite the number of great believers we have in the world, we still have mentally derailed persons.

Let's check our text for this study.

1 Thessalonians 5:23

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

This verse shows how that God is a God of peace and that whole sanctification comes from Him alone. God does not only sanctify our body, He also sanctifies our soul and Spirit.

Let's move further.

Like I said the other time, we have spiritual health status. What is this spiritual health status all about?

What is Spiritual Health Status?

Spiritual Health Status (S.H.S) is the particular state of the Spiritual life of a person. It shows how a person is faring spiritually at that point in time. Just as we have sick people who are sick in the body, so do we have people who are spiritually sick. Their spiritual organs have ceased functioning due to misuse or lack of maintenance of them. As important the physical health status of a person is, so is the spiritual health status of a Christian. Many times, doctors advise that people do regular checks on their bodies to know the status of their health. It's also advisable that every christian does spiritual checks on the spiritual aspect/life of such person to know the present state of such person's spiritual life. If we have tried traveling by air to another country, we would notice that when we got to their airport/embassy, they did checks on our health to know how healthy we are. There are some who will get deported back to their places just because of poor health status. However, so it is spiritually, when the spiritual health status of a person is low, bad or poor and such a person dies in such a

state, the person will not be able to enter the kingdom of heaven. Doctor Jesus is the greatest physician. This is why He used different techniques to heal a lot of people in the bible.

For those into the medical line, you will notice that there is a lot of diseases attached to the body. There are numerous types of diseases capable of causing damages to the body. They are just too many with different effects on the body. So do we have lots of spiritual diseases and infections with causes and its effects. There are certain measures that should be put in place as pertaining to personal hygiene, and if a person refuses to put such in place, such a person will contract some infections. So it is spiritually. There are some things that need to be put in place, when such are not properly kept in place spiritually, a person tends to get spiritually infected. You might be wondering if we have spiritual infections. Yes, they exist! There are lots of ministers who receive arrows from the kingdom of darkness when on stage and they become dumb immediately just because they fell into a particular sin before mounting the pulpit and refused to do restitution. The plan of the Lord for us is to see that we are okay both physically and spiritually.

Jeremiah 30:17:

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after."

God desires to heal one in every sphere the moment one realizes the need to get whole. This is why even though blind Bartimaeus was disabled in sight and Christ knew, He still had to ask what he wanted Him (Christ) to do for him

Mark 10:51:

"And Jesus answered and said unto him, What wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight."

God will never impose anything on man. Do you remember when God created woman for man and brought her to him and man disobeyed God by eating of the fruit of the knowledge of good and evil? When God asked man, what is this that

thou hast done, man blamed God through his reply, "The woman thou gavest me gave me of the fruit and I ate". So, it sounded as though it was because God imposed the woman on the man that was why he was disobedient.

Genesis 3:12:

"And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat."

It now looked as though it was because God gave Adam the woman that was why such thing could happen. So, since then, God gave man the will to choose. He never imposes anything on man but might show man His plans for him. One thing He will never do is to impose on man.

Deuteronomy 30:19:

"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:"

This is why God places life and death but beseech us to choose life that we may live. Therefore, God desires to heal everyone who is ready and has the urge and wishes to be healed. The spiritual health status of different people differs because we are all different. Some people are yet to be connected to the life giver who is Jesus, they are still unbelievers and are yet to be born again which means they are dead spiritually just like dead man physically. A dead person in this world is always put in a coffin and buried. However, the only difference between the physical world and the spiritual is that, that person who is spiritually dead now can become spiritually active and alive once he is connected to the life giver and once he or she is still alive on Earth. Those are the unbelievers, this is why it's essential we preach to them to draw them into life and ensure their spiritual health status remains active and normal. Someone who dies in the body will not bother about any health issues again because the dead body is now in a coffin and laid into the place dug for it under the ground. This is how it applies to someone who has not accepted Jesus Christ. Such a person is spiritually dead because the Spirit is not connected actively to God. This is the category of the spiritually dead people.

We have another set of people whose spiritual health status is active but poor. This set of people are born again but are unserious with their spiritual life. The reason they are active is because they have accepted Christ but the status is poor. This is just like a person who is on life support machine in the hospital using oxygen to breathe. Such a person has one leg in life and the other in death. That is how those people are. They are partially in Christ and partially in the world. They still have the love of the world in them and want to join worldly pleasures and do worldly things, and yet be called the children of God. Their spiritual health status is already showing "red" and displaying poor health. Such people might later end up backsliding totally if they don't check themselves and draw back to Christ fully. The kingdom of darkness does not just attack a person, they look at the spiritual health status of such person whether the person is in good standing with God or such has a poor spiritual health. Once they find out that such a person's spiritual health status is low and weak, they find it very easy to attack and penetrate. This is why it's very deadly for a genuine child of God to play with sin and be inconsistent with his/her spiritual life. No wonder the devil knew that a hedge of fire was built around Job. He had monitored Job, known his spiritual standing that he feared God and has tried to attack him without success.

Job 1:9-10:

"Then Satan answered the LORD, and said, Doth Job fear God for naught? Hast not thou made a hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land."

There are those whose spiritual health status are active, running and good. This is the category of those who are running regular spiritual checks on their spiritual lives. These are living a consistent spiritual life and are growing day by day. This set of people are always targeted by the devil just for them to be brought down. Sometimes, this set of people might fall into sin, but they rise early and amend their ways. They are like those who constantly visit their doctors to do constant check-ups to know those things they are to be doing or not. It's important keep connecting to the greatest physician so as to know those things to keep doing and not to do. This will ensure that one's spiritual health status is okay and good.

Let's move in the Spirit.

The physical health status of a population can be measured by a wide range of factors: birth and death rates, life expectancy, quality of life, morbidity from specific diseases and conditions, environmental risk factors, use of ambulatory care and inpatient care, financial and geographical accessibility of health personnel. However, since the physical health status of a person can be determined by all these, it means the spiritual health status of a man can also be measured by some factors too.

We are going to check these factors now.

Factors used to measure the spiritual health status of a Christian.

1. Prayer life:

The spiritual health status of a Christian can be determined by the person's prayer life. Like I once said, the spiritual health status of each christian differs. So is the prayer life of each christian. Some pray once in two days, some pray only when they have things to ask, some pray once in a while and some pray often.

Hear this!

When a baby is born, the baby cannot talk. How does the baby communicate to his mother that he is hungry? He cries! If a baby cannot communicate with its mother through the "crying" means, what do you think might happen? Such a baby would starve and probably fall sick or have a poor health status because of hunger, as not all parents know how often they are to feed their babies. Prayer is an act of fellowshiping and communicating with the father. When you lack constant and consistent communication with the Father, you become weak spiritually gradually and your spiritual health status grows bad gradually. Prayer is not about praying only when you feel like. It entails consistent fellowshiping with the father. A baby has to communicate with his mother even when he can't talk yet, he uses the only medium which is to cry to communicate to his mother. When he is inconvenient, he would cry. When he is hungry, he would cry. When he is feeling sleepy, he would cry. He does all these to ensure his physical health status is active and okay. The moment a believer starts to find it hard to pray

consistently, it means spiritual germs are fighting against the Spirit system. Just the way germs fight against the body system, so does spiritual germs fight against the Spirit system.

Luke 18:1:

"And he spake a parable unto them to this end, that men ought always to pray, and not to faint;"

Men always ought to pray, why? Because the body, soul and spirit are capable of undergoing a fainting process which can attack the spiritual health status of a person. However, when one prays constantly, fainting will rarely occur. But when the prayer life of a man is not constant or consistent, the man will tend to faint if care is not taken. We all know that what makes up a solid, smooth and active physical health status is not only the fact that a part of the body is functioning well. If just a part is functioning well in the body and others are not, will the person be physically alright? No! They all work together to ensure the correct working of the body system. So is it spiritually. It's not only the prayer life that makes the physical health status of a person fit and active. There are others too which we are going to look into as we continue.

2. Study life:

This is one of the hardest to do when you rely on your flesh to do it. A lot of believers find it hard to study their bibles but find it easy to operate their phones and be on social media for 5 hours non stop. This is a means by which the devil is trying to tamper with one's spiritual state of health. Some believe praying only can cover up for studying and they engage in long hours prayers neglecting the studying aspect. This causes spiritual deficiency to the spiritual health of a Christian brother or sister. It's just like saying, eating carbohydrates only can cover up for other classes of food like protein and vitamins. Whereas, excess intake of carbohydrates can lead to increase the risk of diabetes, heart disease and high cholesterol. Same thing applies to a Christian who believes that prayer only, covers up for studying and fasting life. Such is gradually making his/her Spirit man to be spiritually deficient.

Jeremiah 15:16:

"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts."

The word of God is a food for the spiritual body. Have you ever seen a baby grow without food? No! A baby is fed with colostrum at his early stage of life because he cannot yet crack bones. Then as he grows, he begins to take in foods that will help nourish his physical body. Such is the word and the spirit man of every christian. The word helps to nourish the spirit man. This is why the bible says in,

1 Peter 2:2:"As newborn babes, desire the sincere milk of the word, that ye may grow thereby:"

It's not the diluted word of God but the sincere one, the undiluted one. These days, a lot of false teachers dilute the word of God and this makes it unfit for the spirit man of a true believer who hears it. However, we are to take in the sincere milk of the word to increase our spiritual growth and make us healthy. I once heard somewhere that, "You are what you eat". It sounds funny though but can be true in most cases. When you see a person eating good food, you will know because of his/her skin. And, when you see a person suffering from malnutrition, you will also know because of the way the person looks. This happens sometimes in life. Such applies to the spiritual, when you see someone feeding well on the word, you will know through his/her lifestyle. And, if you see someone not feeding well on the word, you will also know. When a baby or a person doesn't eat well, such a person will either fall sick or have a body deficiency. It's not the quantity of food we eat that tells how healthy we are but the quality of the food and how balanced its diet is. It means it's not the quantity of the word we feed on that helps us grow but the quality, the light we tap from it. Many read the word like story book and do not get transformed by it because the light is not shining into them, they are not opened and broken enough to receive it. They do not rely on the Holy Spirit. When a person doesn't feed well on the word, the person's Spiritual Health Status starts deteriorating gradually and might result to spiritual death, if spiritual treatment is not given on time.

3. Fasting life:

This is one of the most neglected aspect in the spiritual journey of man. Many believe fasting is for pastors and those who minister on the altar alone. This is not right! Fasting is meant for everybody! Fasting is meant to reduce the way the flesh gains dominion over the Spirit. Most times, when a person does not like to fast, such always exhibit the works of the flesh because he/she will find it hard to place the flesh under subjection. When you eat too much, your physical body reacts and then you have constipation. You feel heavy and a bad smell oozes out of your mouth or nostrils whenever you belch. Also, when such a bad farts, a bad smell fills the air. This is because the person has taken in too much of food. Also, lack of fasting can tend to cause spiritual constipation. It literally means such a person is feeding more than normal and not giving room for fasting in any way. This can make such a person weak in carrying out other spiritual activities. It also makes the person find it difficult to resist the works of the flesh. Some fast but unknown to them, they are only embarking on hunger strike. Why? Because they claim to be fasting, yet, they do not pray neither do they read their bibles. Fasting is done purposely to take away distractions and focus more on spiritual things. If the spiritual things are not focused on or given attention to, it means such a person just decided to skip food and not fasting. We need to understand what fasting entails so that we don't keep suffering ourselves thinking we are fasting. There should always be time for study of the word and prayers when a person is fasting.

These are the three factors we are going to mention out of the factors used to measure the spiritual health status of a Christian.

Before we round up, let's look at the disadvantages of a bad and poor spiritual health status and the advantages of a good spiritual health status.

Advantages of a good spiritual health status

1. It creates peace in a person
2. It makes the Spirit man healthy
3. It helps the believer to grow more in Christ
4. It assures the person of eternal life after death

5. Such will receive favour in sight of God and man

Now, let's move to the disadvantages of a bad and poor spiritual health status.

Disadvantages of a bad and poor spiritual health status

1. Spiritual growth is limited, such a person stops growing.
2. If such a person continues in this state, it will lead to spiritual death.
3. Lack of joy
4. Oppression by the devil on regular basis
5. Lack of smooth communication with the father
6. Lack of the fruit of the spirit
7. Exhibition of the works of the flesh

This is where we will conclude the teaching on "Spiritual Health Status". I believe the Holy Spirit spoke to you through this teaching.

I hope and pray that we will all have a good spiritual health status in Jesus name. Amen.

Please, kindly ensure you correct your steps if you have fallen or missed it. If you have any question, kindly ask. But if there is none, I wish you all pleasant night rest! Thanks for your time, brethren.

QUESTION

What are the precautions for those who don't want to deteriorate in their health and those who are weak already, what are the spiritual treatment you talked about?

Precautions for those who don't want to deteriorate in their health are;

1. They should always watch and pray so they don't fall into temptation and draw back. *let he that think he stands, take heed lest he falls*

2. They should always check their current spiritual health status to know how they are faring
3. They shouldn't neglect spiritual activities and the gathering of the brethren.

Here are some of the precautions.

The special treatment I meant for those who are weak are:

1. They should admit and recognize that they are weak. If a sick person doesn't see or admit that he is sick, he/she won't bother visiting the doctor. So they should admit.
2. They should go back (retrace their steps) to the greatest doctor (Jesus Christ) just as people visit the earthly doctor when they are weak
3. They should be ready to take corrections and spiritual prescriptions to help them grow
4. They should go back to serious studying of the word, prayer and fasting.
5. They should go for retreat which would be a time between them and God only.

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Contacts:

+2347067511039

+2349028350180

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Edited & Compiled by

Dorcas Aloba

Media Team

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