

Spiritual Vitamin I

John Hunter

I. Introduction.

A. Christians need spiritual nourishment—the Word of God gives us spiritual “vitamins.”

B. God gives us victory.

C. God gives us the indwelling Holy Spirit.

II. Christians are only real in whom Christ’s Spirit dwells.(2 Corinthians 4)

III. The Spirit dwells in one’s heart because one is born again. (Galatians 4)

IV. Everything we need to live the spiritual life is present through the indwelling Jesus Christ. (2 Peter 1:3)

V. Jesus is for us on the cross and in us through the resurrection.

VI. The Spirit can have success when we depend on the Spirit instead of our flesh. (1 Corinthians 2:6, 2 Peter 1:3)

VII. Just as Jesus saves us from our sins, he can save us from our situations. (Hebrews 3:1)

Application questions:

1. What is the relationship between the Spirit and Jesus?

2. What is the difference between Jesus for us and Jesus in us?

3. How can we stir spiritual growth through the Holy Spirit living in us? Explain.
