**Spiritual Life**

One of the most challenging (if not the most challenging) obstacles humans face is not mere survival- lower species accomplish as much, but that of coming to a competent working comprehension of *spiritual* things. Nicodemus, a ruler of the Jews, struggled with the *spiritual* concept of being *“born again”* in John 3:1-6. Likewise Paul wrote to the Corinthian brethren, in part at least, because they, too, had difficulty understanding *spiritual* concepts, cf. 1Cor.3:1. Indeed, it is difficult for those whose whole existence is dominated by *physical life* to understand *spiritual life-* it’s *beginning* (birth), it’s *progress* (growth), and certainly the fact that it, unlike its *physical* counterpart, has no *end* (death). To aid our understanding, God made *spiritual life* in many ways comparable to *physical life-* a point Paul utilized to assist those same Corinthians in 1Cor.15:35-49.

The point of these things is simple: If we want to understand *spiritual life,* we can look to *physical life* for assistance. Therefore, for a few moments, let us consider some essentials of *physical life* that we can perhaps better understand *spiritual life.*

**Spiritual Life’s correlation to Physical Life:**

1. **Begins at *conception* when *seed* is *implanted;* so it is with *spiritual life,* Jas.1:15-18;**
2. **Requires *gestation;* as does *spiritual life,* Jas.1:19-21;**
3. ***Birth* comes next; as so in *spiritual life,* 1Pet.1:23;**
4. ***Growth* must take place, or *physical life* will perish; again, *spiritual life* is the same, Matt.13:20-21; cf. 2Pet.1:5-11; 3:18;**
5. ***Maturity* is reached (at least on some levels) when *reproduction* takes place; consider carefully the *spiritual life* implications here also, cf. Matt.13:23;**
6. **It is only in/at/with *death* that *spiritual life* does not exactly follow the pattern of *physical life,* Heb.9:27; John 11:25-26.**

**Since most here today have been *born again* to *spiritual life,* let’s spend our remaining time considering what it takes to *grow* and *mature spiritually.* Again, we can learn from the *physical* what is required:**

1. ***Spiritual Nutrition- milk* and then *meat,* 1Pet.2:2-3; Heb.5:13-14 (**though others can/should assist, your *nutrition* is your responsibility)**;**
2. ***Spiritual Desire- growth* and *maturity* must be the goal, Heb.6:1 (**though others can/should assist, your *motivation* is your responsibility)
3. **Freedom from *spiritual disease-* must *lay aside/put away sin,* 1Pet.2:1; Eph.4:22-23,25-31; (**though others can/should assist, your *holiness* is your responsibility)
4. ***Spiritual Exercise- put on* Christ and *add to* initial faith, Eph.4:24,32; 6:10-17** (though others can/should assist, your *spiritual exercising* or *lack thereof* is your responsibility)
5. ***Spiritual Rest-* we must learn to *trust* rather than *worry* (to consumption!) about the things that *consume* the world, Matt.13:22; 6:19-34.**
6. ***Spiritual Reproduction-* is this not the pattern not only of *physical* but *spiritual life?* Gen.1:28a; Acts 8:1-4; 2Tim.2:2? Is not this a sign of *maturity* both *physically* and *spiritually,* John 15:8? (**though others can/should assist, no one can *spiritual reproduce* for you!)

**Conclusions:**

* **The same *elements* that are necessary for *physical health, growth,* and *reproduction* have correlating *spiritual equivalents.***
* **Though others can/should help and assist your *spiritual birth, growth,* and *maturity,* you are ultimately responsible for these things yourself, 2Cor.5:10.**