

Reading: Psalms 42:1,2

Topic: Avoiding Spiritual Stagnation

INTRODUCTION: One of the things that can be used by our adversary to _____ our spiritual walk is to let us fall into a _____ of spiritual stagnation and boredom.

I. HUMAN NATURE:

A. *New Things Get Old:*

1. From the time one is a child, the trait of human boredom is evident in the _____ and behavior of every human life, and this continues, even increases as one _____ older. Ecc. 2:17
2. This repetitive cycle of human nature can _____ to other negative behaviors that get people into trouble and even harmful _____ that can damage their future potential. Ecc. 2:3

B. *Stagnation:*

1. Anything that become stagnate eventually _____ undesirable things i.e. water that is moving and flowing has freshness and _____, but stagnant water produces bad odors and weird organisms.
2. When life becomes boring or stagnate for individuals, they often _____ for ways to liven things up and stimulate their dull routines, but unfortunately this can get people into big _____. Pr. 4:13-17

II. THE ROUTINES OF LIFE:

A. *God Designed Routines:*

1. Routines are not bad things if they are done correctly, for even God ordained routines into _____ life and nature – day and _____, seasons and months, years, etc. Ecc. 1:5
2. There is also the cycle of _____ that is continuously occurring as people are being _____ day after day, and people are also dying every day. Ecc. 1:4; Ecc. 3:1,2

B. *Routines – Good Or Bad?*

1. Routines have the potential to produce good or bad _____ in people, depending upon how each individual chooses to adjust their _____ within the routine. (break time)
2. The Children of Israel were given a routine by the Lord on how to arrange their weekly life of _____ and it was _____ days of working to be followed by _____ day of rest.

III. SPIRITUAL LIFE – FRESH OR STAGNATE?

A. *Spiritual Routines:*

1. Once we have been born again, we have received a new _____ inside of us and that requires that we take care of it by nurturing it properly, just like we do with our _____ body. Col. 3:10
2. Just as we _____ our natural body through the routine of eating meals, so also our new spiritual life requires nutrition and _____ that comes through the Word of God and daily prayer. I Th. 5:17
3. The three most essential spiritual vitamins for growth and spiritual _____ are daily prayer, daily reading of the Word of God and assembling with the _____ of Christ. Heb. 10:25

B. *Spiritual Boredom:*

1. While the New Birth experience is exciting while it is _____ and new to us, there is the danger of

falling into a pattern of just going through the spiritual routines without our _____ in it. Rev. 2:2-4
2. This is one of the unfortunate things that happened to the _____ of God in the Old Testament as they continued in their spiritual routines, their _____ was no longer in it. Is. 29:13

C. Keeping The Freshness:

1. The typology of the Old Testament revealed God's desire for _____ in the spiritual lives of His people:
 - a. The bread in the tabernacle was to be baked _____ daily.
 - b. The anointing oil was to be _____, not stale. Ps. 92:10
 - c. The manna that God provided for His people was _____ every morning.
2. In the New Testament, the New Life found in obeying the Gospel needs to be renewed in a _____ way daily through our _____ life and the Word of God. 2 Cor. 4:16
3. Jesus gave the Lord's prayer as a pattern to follow and the word _____ is in that prayer to remind us of the importance of needing _____ renewal of the Spirit. Mt. 6:11
4. We may be disciplined in our spiritual _____ and we indeed must be, but may we not just fall into the _____ of praying just because we know that we should, but rather let it be like a fresh _____ meeting with Jesus every day, entering into prayer in the Spirit! Jude 1:20

CONCLUSION: We can avoid spiritual stagnation if we understand that we are _____ with the Lord Jesus personally in our daily prayer and Word time, thus looking forward to our special time with Him, rather than just going through the _____ of prayer and reading.
Song of Sol. 1:4