

# **“Recharge Your Batteries”**

## **Phil. 3:12-14**

### Introduction

- I. Automobiles need to keep their batteries charged by an alternator.
- II. We do not have alternators, but we need to keep our “spiritual batteries” charged as well.
  - A. Without keeping ourselves “fresh” and “ready” will be in positions that cause us problems (1 Pet. 3:15).
  - B. We need to find ways to keep ourselves in “optimal performance” condition.
    1. We need to take time for “spiritual nutrition”.
    2. We need to take time for “spiritual exercise”.
    3. We need to take time for “spiritual fellowship”.

### Discussion

- I. “Spiritual Nutrition”
  - A. We often see the need to remove ourselves from our daily routines (vacations, etc.), but do we see the need to use that time for spiritual purposes?
  - B. We are commanded to do some inventory (2 Cor. 13:5).
  - C. We should take time to feast on the Word of God (1 Pet. 2:2; Heb. 5:12-14).
- II. “Spiritual Exercise”
  - A. Use Jesus as our example (Mark 1:35; 6:31-34).
  - B. Understand that spiritual is more important than physical (1 Tim. 4:8).
  - C. Exercise takes effort and labor (Acts 24:16; 1 Cor. 9:24-27; Gal. 6:2; 2 Tim. 4:7; Heb. 12:12).
- III. “Spiritual Fellowship”
  - A. Loneliness and depression are two very serious issues that sadden the lives of many.
    1. Christians are not immune to these things.
    2. We need to know that we are loved, not forgotten and appreciated (Gen. 2:18; 1 King. 19:18; Heb. 10:24-25).
  - B. The value of fellowship is precious (1 Thess. 5:11; Prov. 27:17; 1 John 1:3; Acts 2:42; 1 John 4:11-13).

### Conclusion

- I. When was the last time that you took opportunity to get you “spiritual recharge”?
- II. We can all find more time to do the will of God, and by so doing we will be better for it.