

Steps to Spiritual Health

A. Introduction

1. Witnessing [Rev 12:11b](#)
2. "Sanctification is the progressive work of a lifetime." ([3SM 202.3](#))
3. The devils believe and tremble [James 2:19](#)
4. Living without the Mediator [EW 70-71](#)

B. Overarching Principles

1. Humble Honesty

- i. Honest with our selves – no denial [Romans 12:3](#)
- ii. Honest with God [1John 1:9](#)
- iii. Honest with others [James 5:16](#)

2. Trust

- i. Not trusting self [2Cor1:9](#); [Lk18:9](#); [Pr3:5](#); [Pr28:26](#)
- ii. Trusting God [2Cor1:9](#); [Pr3:5](#); [Ps9:10](#); [Ps20:7,31:14;56:3;84:12](#)
- iii. Trusting others when it is safe

3. Consecration to Father God through His Son in us

- i. Full denial of self [Mt16:24](#); [Gal2:20](#); [Rom12:1](#)
- ii. Commitment to trust and obey [jn14:15;15:14;14:23](#); [Rom12:2](#)

C. Practical Steps

1. **Step 1** *"We admitted we were powerless over our problems, that our lives had become unmanageable."*
 - i. Jesus can't... [Jn5:19,30;8:28](#)
 - ii. I can't... [Jn15:5](#)
 - iii. Proud vs. Humble [Prov3:34](#); [Jam4:6](#); [1pet5:5](#)
2. **Step 2** *"Came to believe that the Almighty Father, through His Son, could restore us to sanity."*
 - i. God supplies all our need [Philippians 4:19](#)
 - ii. Thoughts of Peace [Jeremiah 29:11-12](#)
 - iii. Jesus never leaves us – ever [Hebrews 13:5](#); [Matthew 28:20](#)
 - iv. Prodigal son [Luke 15:10-24](#)
 - v. Forgiveness [1John 1:9](#)
 - vi. Father & Son live with us [John 14:23](#)
 - vii. "... ye are not in the flesh, but in the Spirit, if..." [Romans 8:9](#)
 - viii. The Lord is the Spirit and liberty [2Corinthians 3:17](#)
 - ix. Hope of Glory [Colossians 1:26](#)
 - x. One God, Saviour, Spirit [9T 189.3](#)
3. **Step 3** *"Made a decision to turn our will and our lives over to Father God & His Son."*
 - i. ["The Power of the Will" MH 176](#) (See: The True Force of the Will handout)
 - ii. Resistance steps [James 4:6-10](#)
 - iii. Thoughts from Gethsemane [Mt26:38](#); [Mk14:36](#); [Lk22:43-44](#)
 - iv. Lord, what would you have me to do? –Saul, [Acts9:1-6](#)

D. Closing thoughts: [Gal2:20](#); [Deut8:3](#); [Mt4:4](#); [Lk4:4](#)

E. Resources: Linked outline & transcript online at sidnash.org/u/ssh

The True Force of the Will

“The tempted one needs to understand the true force of the will. This is the governing power in the nature of man the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. They do not choose to serve Him.

God has given us the power of choice; it is ours to exercise. We cannot change our hearts; *we cannot control our thoughts, our impulses, or our affections.* We cannot make ourselves pure, fit for God's service. But *we can choose to serve God, we can give Him our will;* then He will work in us to will and to do according to His good pleasure. Thus our whole nature will be brought under the control of Christ.

Through the right exercise of the will, an entire change may be made in the life. *By yielding up the will to Christ, we ally ourselves with divine power.* We receive strength from above to hold us steadfast. *A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God.”* (*Ministry of Healing, page 176*)

The heavenly intelligences will work with the human agent... Christ says, I am at your right hand to help you. **As the will of man co-operates with the will of God, it becomes omnipotent.** Whatever is to be done at His command may be accomplished in His strength. **All His biddings are enablings.** (*Christ's Object Lessons 332-333*)

- ♥ **We cannot control our thoughts, our impulses, or our affections**
[Romans 7:21-23](#); [Matthew 26:41](#); [John 5:19, 30](#); [John 15:5](#); [Romans 9:16](#)
- ♥ **We can choose to serve God**
[Joshua 24:15](#); [Deuteronomy 30:19](#)
- ♥ **We can give Him our will**
[Matthew 7:21](#); [Acts 9:6](#); [Matthew 26:39, 42](#); [Psalm 40:8](#); [John 6:38](#); [1 Corinthians 15:31](#); [1 John 2:17](#); [Romans 8:13](#)
- ♥ **We can let God work in us to will and to do according to His good pleasure**
[Psalm 143:10](#); [Philippians 2:13](#); [2 Timothy 1:9](#); [Isaiah 30:21](#); [Hebrews 13:5](#); [Matthew 28:20](#); [John 10:27](#); [Psalm 32:8,9](#)
- ♥ **Our whole nature can be brought under the control of Christ**
[Ezekiel 36:26-27](#); [2 Corinthians 10:5](#); [John 15:4](#)
- ♥ **By yielding up our will to Christ, we ally ourselves with divine power**
[Revelation 3:20](#); [2 Corinthians 4:10, 11](#); [Colossians 3:1-4](#); [2 Cor. 3:5](#); [Ephesians 3:16-21](#)
- ♥ **A pure and noble life, a life of victory ... is possible to everyone...**
[1 Corinthians 10:13](#); [Matthew 1:21](#); [1 Corinthians 15:57](#); [Philippians 4:13](#); [Revelation 15:2, 14:12](#); [Hebrews 13:20, 21](#)
- ♥ **The Secret of Death**
[EGW MS16-1900.42](#); [Galatians 2:20](#); [Colossians 1:25-27, 3:3-5](#); [Jude 24, 25](#)

Interactive version: sidnash.org/willpower (includes Sid's testimony)

Understanding Jesus as our Perfect Example: sidnash.org/crucified

Recovery musings: sidsrecovery.org Email: sid@sidnash.org