PT for Limping Christians

How can you be trained and become strong through the painful things that are contributing to your spiritual limp?

**1. Trust your *Physician***

A. Listen to His *diagnosis* of your disease

Psalm 139:23-24

B. Believe in His *ability* to heal

Jeremiah 32:17; Philippians 4:13

C. Expect *relief* from His prayers

Hebrews 2:14-18; 4:14-16; Matthew 11:28-30

**2. Take your *medicine***

Take frequent doses of—

A. The blood of Christ for your *sins*

 John 1:7-9

B. Union with Christ for your *freedom*

Romans 6

C. The Spirit of Christ for His *purity*

Romans 8:5-13

**3. Do your *exercises***

Attend diligently to the appointed means of grace—

A. The gathered worship of the church

Hebrews 10:23-25

B. The encouragement of *Christian fellowship*

C. The practice of *private devotions*

Psalm 1

**Conclusion**

The goal of your spiritual exercises is to enable you to walk without a limp, that is—

*Obedience* to the commands of Christ

**For Personal Reflection or Family Discussion**

1. What was the most important or helpful thing you heard in the sermon?

2. What questions did the sermon raise in your mind?

 What was the most convicting part of the message?

3. What is the difference between listening to the Lord’s diagnosis of your spiritual condition (Psalm 139:23-24) and becoming morbidly introspective so that you are constantly hounded by feelings of guilt? How can 1 John 1:7-9 help you avoid this problem?

4. If Christ has freed us from sin’s dominion, why do many Christians not feel free? What is the remedy for this condition?

5. What is the difference between doing your Christian exercises in a dead mechanical way and doing them in a spiritual way?

Note: There is good medicine for limping Christians in *The Bruised Reed*, by Richard Sibbes. Sibbes was an English Puritan who ministered in the early 17th century. I have one copy left for &6.00.