

# Spiritual Vitamin A

*John Hunter*

I. Introduction.

A. We need vitamins from God every day.

B. There are certain essentials for Christian living.

II. V- Victory. (1 Corinthians 15:57)

III. I- Indwelling Holy Spirit that makes victory possible.

IV. T- Thankfulness makes the indwelling Spirit real.

V. A - Ability to make the victory provided by Christ mine.

A. The Scriptures say that we can because of who we are. (Galatians 2:20, Philippians 4:15)

B. People are naturally inclined towards sin. There is something in us that drags us down. (Romans 7)

C. God has provided an entirely new law--a law of life by the Spirit in Christ Jesus. (Romans 8:1)

D. We commit ourselves to this law by faith. We become strong in the strength of another.

E. When we lose touch with the risen Christ we become subject again to the law of sin and death.

F. All we need to do is to commit ourselves to Christ, but we do it by thinking of ourselves as dead to sin, alive to Jesus Christ and then yielding ourselves to Christ. We commit ourselves by an act of will. (Romans 6)

### Application questions:

1. Why do we need power to live the Christian life?

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2. How to we obtain this power?

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3. Can we fall back into the old nature? Explain.

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