



"And this is the commandment we have from Him, that the one who loves God should love his brother also." 1 John 4: 21

Sunday – September 13, 2026

Heart to Heart...

If you were asked if you are a spiritual person, what would you say? I suspect that nearly everyone who reads this would say yes. We generally associate spiritual with believing in God and in His Son Jesus. While that is true, it involves that, being spiritual is much more than just believing in the Lord. It is more than assembling with the saints to worship, to partake in His Supper or reading your Bible and praying.

Paul spoke in Ephesians 1:3, ***"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ."*** *"Who has blessed us"* is past tense. The day you entered Christ being united with Him in baptism was the day every ***spiritual blessing*** was bestowed upon you. It happened at no other time. Spiritual blessings are not physical or material blessings. ***Spiritual blessings*** are found only in Christ Jesus and nowhere else! Every man and woman on the face of this earth has been blessed with some type of physical blessing.

In order to understand spiritual blessings, we must understand what spiritual means. Two things are focused on when the Scriptures speak of spiritual. (1) Spiritual means invisible. (2) Spiritual means powerful. Spiritual blessings are invisible, powerful things that come from a spiritual source, God. When we were united with Jesus in baptism, our new birth took place on the spiritual side of us, the deepest part of our being. Our physical bodies were covered with water, but something was happening inside our beings. These invisible, powerful blessings take hold in the recesses of our spiritual side. For instance, in Philippians 4:6-7 we are confronted by the Lord to not allow anxiety to be part of our lives. Instead, we are to make our requests known to God. The result if we reach out by faith in our heart? The peace of God will guard our minds and hearts in Christ Jesus. That's a ***spiritual blessing***! That's an invisible, powerful thing that comes from the Lord to our inner being. It doesn't change the circumstance, but it has drastic

effects on the mind and heart where anxiety attacks. If God isn't bigger than our worries or our problems, we don't need Him! God is Spirit and He gives powerful, invisible blessings to His children.

What we learn is that being a spiritual person is a person who is affected in their heart and soul by the invisible, powerful things of God to make us more and more like the nature of His Son. A spiritual person is a person that listens and walks after the Lord drawing from His *spiritual blessings*. They pay close attention to what He speaks and respond with a heart of desire. A spiritual person is a person who allows the things of God to have complete rule and not their personal desires and feelings. Instead of being upset about someone, they practice love. Instead of lashing out, they return good. Instead of holding to a hurt, they embrace forgiveness and offer it freely. Instead of dividing, they unite around the unity of the Spirit. A spiritual person is a person who walks after the Spirit desiring to help maintain unity and love at all costs. This is how God defines a spiritual person. Think about it!!!

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