

SPIRITUAL C. P. R.

By
ScVerlin Barton

ScVerlin Barton Copyright © January 5, 2011

Unless otherwise indicated, all Scripture quotations are taken from the New American Standard Bible®, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by the Lockman Foundation, Used by permission (www.Lockman.org)

Verses marked NET are taken from The Holy Bible: The NET Bible® (New English Translation®). Copyright © 1998 By Biblical Studies Press, L.L.C. WWW.NETBIBLE.COM, All Right Reserved.

Rev. 3, March 3, 2020

HEART STOPPING TRIALS

Afterward Job opened his mouth and cursed the day of his *birth*.

And Job said,

Let the day perish on which I was to be born,

And the night *which* said, A boy is conceived. (Job 3:1–3)

Why did I not die at birth, Come forth from the womb and expire? (Job 3:11)

For my groaning comes at the sight of my food, And my cries pour out like water.

For what I fear comes upon me, And what I dread befalls me. I am not at ease, nor am I quiet, And I am not at rest, but turmoil comes. (Job 3:24–26)

My heart faints within me! (Job 19:26–27)

And how is your life going? Do you wake up every morning with peace and a sense of satisfaction? For those of us who have dedicated our lives to Christ, life can, at times, be hard. It can be so hard that our spiritual hearts faint within us and we require some spiritual C. P. R. to revive our godly hearts.

SPIRITUAL C. P. R.

Are We Conscious

When performing spiritual C. P. R. the first thing we need to check is our consciousness. Are we spiritually conscious?

A cartoon character once stated: “The problem with people is they don’t look at the big picture. Eventually, we are each going to die, our species will go extinct, the sun will explode, and the universe will collapse. Existence is not only temporary, it’s pointless! We’re all doomed and worse nothing matters!” A pretty gruesome picture if we are only physically conscious.

But when we are spiritually conscious, we are aware of the greater spiritual aspect of our lives. So let’s apply the spiritual C. P. R. paddles to revive our spiritual consciousness.

The Shocking Truth

Shock #1: On the first shock we regain consciousness of God and that He created the universe and *all the laws* that controlled it. He created angels *who carried out His rule* throughout the entire universe. He also created humans *who carried out His rule* over the Earth (Genesis 1:1; Psalms 148:2–5; Job 38:7; 1:26–28).

Shock #2: On the second shock we regain the consciousness that *Satan rebelled against God's rulership* and *established his own system of rulership*. He established his rulership among some of the angels and all of the humans (Isaiah 14:13–14; Ezekiel 28:15; Revelation 12:4; Genesis 3:4–6).

Shock #3: On the third shock we regain the consciousness that God told Satan He would *destroy Satan's rulership* and *reconcile all creation back to His rulership* (Genesis 3:15; Colossians 1:19–20).

Shock #4: On the fourth shock we regain the consciousness that God also told Satan that *He was going to use humans to destroy Satan's rulership* (Genesis 3:15). Then we remember that *we are now in a great battle of rulership and, because of this battle, there will be hardship and trials in our lives*. No wonder, just like Job, we occasionally faint!

Checking Our Vitals

Vital check #1: Is our mind working properly?

Mental Check A: Do we remember *who we are*? Do we remember that we are God's child and have a future inheritance? Do we remember that we are eternal spiritual beings encased in a dying physical body? (Galatians 4:7; 2 Corinthians 4:16; Romans 8:9)

Mental Check B: Do we remember *where we are*? Do we remember we are in God's spiritual family? We are in His heavenly kingdom. (Galatians 4:7; Philippians 3:20; Colossians 1:13–14)

Mental Check C: Do we remember *our spiritual goals*? Do we remember we are here to glorify God by only obeying Him? Do we remember

that we are not to make up our own rules? And do we remember we are here to grow in His Character? (Isaiah 43:7; Ephesians 4:13–16; Luke 12:33–34; 2 Corinthians 4:16–18; Ephesians 1:3; Revelations 21:3)

Vital check #2: Are our spiritual eyes working properly?

When we are coming out of a fainting spell our eyes can be blurry and we don't see properly. But when we keep trying to focus on spiritual things eventually our eyes will focus on them. We continue to work with our spiritual eyes until they are able to see the spiritual issue in every thought, action, word, and situation. (Acts 26:18; 2 Corinthians 4:7,18; Romans 12:2)

Vital check #3: How are our motor functions?

Lastly we check our motor functions. Are we still able to participate in physical events and activities in a godly manner? Are we able to use material items for spiritual purposes? (Philippians 3:8–11; 2:3; Romans 12:10)

C. P. R. Completed

At this point we once again realize that we are not physical beings trudging through the hardships and trials of this world looking for physical rewards and personal comfort; we realize the importance of simple daily obedience to God.

The last step is to get some medicine and the prescriptions from God.

GOD'S MEDICINE The Written Word

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. (1 Peter 1:2–3)

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work. (2 Timothy 3:16–17 emphasis added)

God has recorded His word in written form—the Bible. Only the Bible reveals to us the spiritual truth that God desires us to know (Hebrews 4:12; 2 Timothy 3:16–17; 2 Timothy 2:15; Ephesians 4:13).

The Holy Spirit

The Holy Spirit helps us to understand the Bible and empowers us to grow in *godly character* (John 14:26; 15:1ff; Romans 8:1ff).

God’s Spiritual Family

God has a spiritual family consisting of other people which He equips with spiritual gifts. These gifts are given so that we can help each other to stay spiritually healthy, growing in godly character, and thus glorifying God. (Ephesians 4:11–16; Hebrews 10:25).

Trials

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing. (James 1:2–4)

The testing of our faith by trials makes us complete. These trials are the workouts that result in a strong godly life and *godly character*.

The Prescriptions

- 1) The Bible: *Learn it and live it—continually.*
- 2) The Holy Spirit: *Trust Him*
 - a) *to aid in the understanding of the Bible*
 - b) *to strengthen for every good work—as needed.*
- 3) His Spiritual Family: *Rely upon them for encouragement, support, and fellowship—as needed.*
- 4) Trials: *Apply Bible knowledge in their midst and continue to seek encouragement from the spiritual family.*

*Keep thinking about things above,
not things on the earth
(Colossians 3:2 NET)*

Contact Information:
scverlin@things-above.org

Provided by
Things Above Ministries
P. O. Box 86604
Portland OR 97286
www.things-above.org