

**Spiritual How-to's**  
**#1 How to please God**  
**2.2.22**  
**D. Chaney**  
**Underdebrasplam.com**

**Intro:** Welcome and thank you for clicking in to visit our new video series “Spiritual How-to’s”.

- I believe we each are born with an innate desire to connect with something bigger ourselves.
- This connection is a spiritual one that we barely understand, acknowledge or develop, but it is in our DNA
- It is why we look for purpose, how we express meaning, and how we experience connectedness

**I. Man is comprised of 3 parts.**

- A. Body, (soma) – our physical structure
- B. Soul, (psyche) – our mind, will and emotions; or heart, mind, and will
- C. Spirit, (pneuma) – that which governs man’s mental and emotional existence
- D. We live eternally as a spirit, we have a soul, and we dwell in a body.

**II. Spiritual how to-’s are those things that pertain to that third of us that is our spirit.**

- A. We are bombarded with info on how to care for our bodies:
  - 1. exercise, diet, skin care, hair care, etc.
  - 2. How many resources do you have that help you care for your spirit?
- B. There’s a lot being said these days about spirituality, but let’s drill down even further and be sure to distinguish specifically that in these videos, spiritual will mean having to do with the that part of us that relates our spirit. That breath that brought us to life.
- C. In our title, Spiritual How-to’s, the silent parenthetical is HOW TO PLEASE GOD. What are the spiritual things that we can do to please God.
- D. That very statement, presupposes that there is a God to please, right? That’s where we must start.
  - 1. Do you suppose there is God?
  - 2. Do you know there is God?

3. Are you unsure about God's existence?
4. The Spirit part of you needs this settled.

E. No one has seen God. WE are told that God is a Spirit.

1. How can we please him, God, the spirit if we are uncertain of his existence?
2. THIS is exactly where we start.
3. Re-establish our faith in God.

\*\* I want to share practical steps for you to take, if that is your honest position. If you'll be honest and consider them, you will, I guarantee see your spirit come alive and enlarge! I promise.

### **III. Where do we start to please God? With faith.**

A. Heb. 11:6 – w/o faith it is impossible to please God.

B. Why? Because whoever comes to him must:

1. believe that He exists
2. believe that he rewards those you look for Him

C. See, faith begins by actually believing that there is a God, creator, sustainer of the universe, with unlimited power, knowledge, presence and moral perfection. That's #1.

1. Can you start there? Regardless of other Western or Eastern concepts of God, your connection to metaphysics, energies, philosophies or other religions?
2. Can you start by placing your faith in the existence of God.  
The God who brings explanation to existence, and origins, who unfolds consciousness, moral values and duties, and who you can personally know?
- 3 Can you re-establish your faith that God exists?

D. St. Augustine said, "Faith is to believe what you do not see; the reward of this faith is to see what you do not believe."

E. Thomas Aquinas – "To one who has faith, no explanation is necessary. To one without faith, no explanation is possible"

**IV. Personally, I have based my life on this theism. The belief in a powerful God who I can personally know.**

- A. These “properly basic beliefs” as philosophers call them have defined my life for 53 years!
- B. It always made way more sense intellectually to believe that God was the best explanation for my existence, for the intricacies of the laws and beauty of nature, for intelligent life and complex living organisms and for the basis of our moral code on this planet.
- C. So, to start with believing in the existence of God was a done deal for me. How 'bout you?

**V. Heb. 11:6 goes on to say- #2 - we must believe that he rewards those who look for him.**

- A. This is where we begin to see our spirit grow – when we seek him.
  - 1. When we look for Him in nature, relationships, business deals, needs, problems, solutions, questions, joys and set backs.
  - 2. He is there and faith will find him. Faith will see Him.
- B. Without faith, it is impossible to please Him.
- C. So, how do you please God?
  - 1. Believe that he exists
  - 2. Believe that he rewards those who look for him
- D. Without those 2 components in your life, there's no pleasing God. Period.
  - 1. But with them, not only is God pleased with you, but your spirit will grow because you are feeding it, by looking for and finding God in your life.
- E. Part of the reward that comes, comes as assurance & conviction. Certainty!  
Heb. 11:1-16
  - 1. It brings commendation, understanding, acceptance & eventual transportation to God.
  - 2. Faith enables us to do what God says, go to new places. Even to conceive.

F. Faith is seeing God in every situation of your life & believing in his power & plan.

1. Stand in that faith, no matter what you see. Trust his plan.
2. Believe he will provide what you need & bless you
3. He will reward you as you hold on to seeing him & not the circumstances.

**VI. I have been accused of seeing God in everything. I can think of worse accusations. I have been accused of seeing everything spiritually again, is that bad?**

A. If 1/3 of me is spirit and that 1/3 determines my eternal resting place, then what's to lose?

B. My spirit, soul, and body is like a tricep muscle.

1. My body is strong
2. My soul is a work in progress
3. and my spirit will be strong as I believe God and look for Him

C. I challenge you, examine yourself –

1. do you really believe God exists in every situation you face?
2. start looking for him with his answers & his presence in every situation

D. Start by expressing your belief in God's existence.

1. God, I believe you are real
2. God, I'm not sure you are real, but I wanna be sure. Would you show me? I'm open.
3. God, I've never believed you existed. Help me to believe. I'm open.
4. God, I wanna see you in every situation and circumstance of my life.

E. Now, listen for his voice, look for his hand, and feel his presence today, tomorrow and each day. He will reward your seeking him.

F. That is faith and that is how you start pleasing Him.

**VII. So, how do you please God?**

- 1. by believing that He exists and**
- 2. believing that He rewards you when you seek Him.**
- 3. without these step off points, without this faith, there is no pleasing God.**

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