

# What is Beneficial for Us

Most believers have a list of things that they do that they think is specifically beneficial for them as a person. For some it is a special diet. For others it is going to the gym every day, while for others it is the restfulness of daily gardening. Those on the religious spectrum will view their specific benefits as activities such as: going to a church meeting on Sunday; a daily devotional; weekly bible study; Sunday worship; etc.

But, have they checked to see what their creator knows is beneficial for them? They may be surprised to know what he thinks! This of course would require them to ask Father a question like this, “Father, tell me what is beneficial for me”. Father will give an answer in line with what they understand, but it will not be an extensive list because they will forget them. He usually only gives his sons one piece of information at a time. When they understand it and have incorporated it into their lives, he gives them more – provided they are still hungry and haven't lost interest in knowing more.

In our modern society this method is too slow for most Western believers, so here's a short database to use as a check-list for those who need one. It's from the NT, under the New Covenant, so it's right for us today.

What is beneficial for us as believers?

- Operating with your spirit<sup>1</sup>
- Getting rid of what causes you to go to Hell<sup>2</sup>
- Sound teaching (sound doctrine) from an anointed teacher<sup>3</sup>
- Properly handling scripture<sup>4</sup>
- Supportive workers in the Kingdom<sup>5</sup>
- Good works<sup>6</sup>
- Remaining unmarried<sup>7</sup>
- Adapting to the interests of others rather than offending them<sup>8</sup>
- The manifestation of the Spirit<sup>9</sup>
- The Lord's discipline<sup>10</sup>
- Not letting anything have power over you<sup>11</sup>
- Godliness<sup>12</sup>
- Being fully content<sup>13</sup>

What is not beneficial us as believers?

- Being unprofitable for the Kingdom<sup>14</sup>
- Physical exercise<sup>15</sup>

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1 – 1 Timothy 4:8

2 – Matthew 5:29-30

3 – Acts 20:20

4 – 2 Timothy 3:16

5 – 2 Timothy 4:11

6 – Titus 3:8

7 – 1 Corinthians 7:35

8 – 1 Corinthians 10:32-33

9 – 1 Corinthians 12:7

10 – Hebrews 12:10

11 – 1 Corinthians 6:12

12 – 1 Timothy 6:6

13 – 1 Timothy 6:6; Luke 3:14

14 – Matthew 25:30

15 – 1 Timothy 4:8

- Gaining everything at the expense of your salvation<sup>16</sup>
- Faith without works to match it<sup>17</sup>
- Public tongues without interpretation or prophecy<sup>18</sup>
- Legalistic circumcision<sup>19</sup>
- Petty controversies over words<sup>20</sup>
- Dissensions and quarrels about the Law<sup>21</sup>
- Causing grief to your overseers through disobedience and rebellion<sup>22</sup>

Interesting points.

Would you have been able to list all of these from your own experience before reading them?

There's a lot that we need to do that is beneficial for us spiritually that we ignore because we're too interested in our daily lives. This is short-sighted, because being spiritually-focussed enables us to enter into the abundant life<sup>23</sup> that has been offered to us – there's no other way.

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16 – Mark 8:36

17 – James 2:16

18 – 1 Corinthians 14:6

19 – Galatians 5:2, 6; 6:15

20 – 2 Timothy 2:14; Titus 3:9

21 – Titus 3:9

22 – Hebrews 13:17

23 – John 10:10