

Last time we looked at the Resurrection of Jesus Christ from the dead and learned that it has certain repercussions—it leaves a mark on those who are touched by it. The Resurrection of Jesus Christ from the dead has spiritual, psychological (mind, will, emotions) and physical ramifications or effects.

I wish that I had three hours of your time to speak on this topic. It is a very important topic. Someone told me after hearing part one of this message that this was something she should have learned when she first became a Christian.

### ***The Spiritual Effects of the Resurrection***

Last time we looked at how the Resurrection of Jesus Christ from the dead has spiritual implications on those who have bowed their heart to the Savior.

It took power to deal with our sins at the Cross of Calvary. Jesus Christ gave Himself as a sin offering for us—this is why He allowed Himself to be crucified. He died for our sins.

Sin brought about spiritual death. When Adam disobeyed God and ate the forbidden fruit—he died spiritually. Did you know that spiritual death is worse than physical death?

Physical death is when your soul and spirit is separated from your body but spiritual death is when a person is separated from God. Spiritual death is when a person is not in fellowship with the God who created him or her. Spiritual death is what brought about physical death.

Mankind was created to live forever.

When man was created in the Garden of Eden by God, he was given full access to all of God's creation and told that he could eat the fruit from any tree in the garden except the Tree of the Knowledge of Good and Evil, the tree that was in the middle of the garden. God says to Adam, *"In the day you eat of it you would most surely die."*

If you know your Bible, then you will know that that Eve, Adam's wife, the first woman, was tempted by the serpent to eat the forbidden fruit. The Bible says that she ate it and gave some of the fruit to her husband and he ate in violation of God's expressed command.

Adam sinned and the "sin gene" passed on to his kids. We learn that this has happened when Cain rises up and kills his brother Able because of jealousy. Since that time sin has been passed on down through the generational lines of humanity to all the inhabitants of the earth including you and me.

The "transmission" of sin is described in Romans chapter five:

Romans 5:12-14, *"Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned; ...death reigned from Adam to Moses, even over those who had not sinned according to the likeness of the transgression of Adam, who is a type of Him who was to come."*

Men and women are born in sin. We are born as sinners who are under the sentence of spiritual death. Sin manifests itself in how we think and in the choices we make.

Sin is a stain indelibly embossed and etched in the heart of every man, woman, boy and girl. You and I cannot remove it ourselves. The tattoo remover can't touch it. The geneticist can't isolate it. Sin is like an incurable cancer in the human soul. No chemotherapy is potent enough to kill it. The surgeon is unskilled when it comes to sin removal. It takes a lot of power to remove sin—*resurrection power*.

In chapter six of the book of Romans, Paul writes of the resurrection power that is mighty enough to deal with the sin that is etched in our humanity.

*Rom 6:4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.*

*Rom 6:5 For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection,*

*Rom 6:6 knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.*

*Rom 6:7 For he who has died has been freed from sin.*

To sum it up, Paul is letting us know that is resurrection power that removes the sin stain. It is resurrection power that breaks the fetters of sin. It is resurrection power that removes the shackles of sin in the believer's life.

The resurrection of Jesus Christ removes the power of sin from the believer's life so much so that the Apostle Paul in Romans 6, verse 11 tells the Christian to "*consider yourself dead to sin...*".

There is a story which may make this clear to you. During the American Civil War, when men were drawn by lot to join the army, a man named Wyatt was called up to fight for the South. He was the breadwinner for his family and they were entirely dependent upon him. Realizing this hardship, another young man named Pratt, volunteered to go instead. He was accepted and drafted to the front, bearing the *name* and number of Wyatt. Eventually Pratt was killed in action, and having died as the *substitute* and in the *name* of the other man, the full name of Wyatt was recorded as killed in action.

At a later date, Wyatt was again called up for service, but at the Recruiting Office, he calmly stated that he had already been killed in action. The entry was searched for and discovered, and Wyatt, although alive and well, was *dead* in the eyes of the authorities, because he was identified with his substitute. Does that help you to understand it?

Romans 6:6 tells us that "our old man was crucified with Christ." In other words, you *died* with Christ. You were *buried* with him. You "*have been united together in the likeness of his death*". You were "*crucified*" with him. In addition to this is the truth that every believer has also been identified with Jesus in His resurrection and His ascension.

It is further written in verses 8-9: "*Now if we died with Christ, we believe that we shall also live with him, knowing that Christ, having been raised from the dead, dies no more. Death no longer has dominion over him.*"

In Ephesians 2:4-7 Paul writes, "*But God, who is rich in mercy, because of his great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus,*

*that in the ages to come He might show the exceeding riches of his grace in his kindness toward us in Christ Jesus."*

The exciting point that Scripture makes is that every believer without exception, every member of the Body of Christ, every justified sinner, is seen by God as one with Christ in his death, burial, resurrection, and ascension (1 Co. 6:17).

There were three transactions that are credited to the believer's account because of the death, resurrection and ascension of the Jesus Christ:

1. The believer's sins were graciously forgiven.
2. The flesh, that internal traitor, was condemned and no longer has dominion over the believer.
3. The birth of a "*new creation*" took place. A "New Man" in contrast to the "Old Man" came into being.

We've already dealt with the **first transaction**—the believer's sins have been forgiven. Paid in full by the blood of Jesus Christ.

The **second transaction** is this—that the flesh, that internal traitor, was condemned and no longer rules the believer.

Colossians 3:9 tells us that "the flesh" no longer has power to dominate you. Romans 8:12 tells us that the believer is no longer debtor to the flesh. This means that you are no longer under any obligation to serve sin, any more than the children of Israel had to serve Pharaoh after they marched victoriously through the Red Sea.

The **third transaction** that is credited to the Christian's account is his or her birth as a "new creation" in Christ Jesus. Romans 6, verse 4, tells us that the old man was destroyed so that we might walk in "*newness of life*".

Romans 6:6 tells us that the "Old Man" was put to death and the "New Man" has been birthed. This means that the believer should possess a new mind, a new heart, new desires, new ambitions, new pursuits, new joys, a new peace, a new power, a new victory - in fact, 2 Corinthians 5:17 says, "*If any man be in Christ, he is a new creation, old things have passed away and behold, all things become new.*"

Galatians 2:20 says, "*I have been crucified with Christ; it is no longer I who live, but Christ lives in me...*"

Colossians 3:3 says, "*You died, and your life is hidden with Christ in God*" (Col. 3:3).

Because of the spiritual effects of the Resurrection, the Christian no longer lives for himself (i.e. to the flesh), but from now on "*for him who died*" and rose again (2 Corinthians 5:15).

So these are the spiritual effects of the resurrection. But we also said there were some physical effects.

### ***The Physical Effects of the Resurrection***

After Jesus died on the Cross, He was placed in a cold tomb and three days later He was raised with all power. The Bible tells us that He came out of the burial tomb and appeared to many people (1 Corinthians 15).

Observing Jesus as He appeared to His followers after His resurrection gives us a glimpse of glorious characteristics of the new body that Christians will be have one day.

According to Philippians 3:21, God will transform our lowly bodies *"into conformity with Christ's glorious body."*

Romans 8:29 says we are *"predestined to become conformed to the image of His (God's) Son."*

First John 3:2 says, *"We know that, when He (Jesus) appears, we shall be like Him, because we shall see Him just as He is."*

After His resurrection Jesus suddenly appeared in rooms where all the doors were shut (John 20:19, 26).

He ate with the disciples on several occasions (Luke 24:42-43; John 21:12-14). Revelation 22:2 says there will be fruit-bearing trees in heaven. Just as Christ ate after His resurrection although He didn't need to, so in eternity we will eat the fruit of heavenly trees not because of need, but for enjoyment.

According to 1 Corinthians 15: 42-44, the resurrection body *"is sown a perishable body, it is raised an imperishable body. It is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body."*

Our heavenly bodies will be imperishable--they will never decay. They will be permanently and eternally perfect. You will never notice a lump growing beneath the skin. There will be no age spots in heaven. No one will develop anything there. There will be absolute, imperishable perfection.

Our bodies will be glorious, reflecting the glory of God. In 1<sup>st</sup> Corinthians 15 Paul says our bodies will be "raised in power." They will have abilities beyond what we can imagine.

We will have the power to fly--In His glorified body Christ ascended to heaven (Acts 1:9). Like Christ, one day we will fly! Thus the song writer pens the words,

*"Some bright morning when this life is over I'll fly away, To that home on God's celestial shore, I'll fly away. I'll fly away oh glory; I'll fly away; When I die hallelujah by and by, I'll fly away"*

Our resurrection bodies will be adapted for living in heaven, an existence we know little about.

The resurrection of Jesus Christ from the grave has spiritual effects and it has physical effects on the Christian. Lastly, it has psychological effects.

### ***The Psychological Effects of the Resurrection***

The word "psychology" literally means, "the study of the mind." The word "psyche" means *"breath, soul or mind."*

Like God whose image we are made in (Genesis 1:26), human beings are tripartite beings composed of spirit, soul and body. When we looked at the Spiritual effects of the Resurrection we examined the spiritual transaction that took place that changed our *relationship* to God.

The Psychological effects of the Resurrection change our *behavior*—this transaction changes the way we think, act and feel.

We have already seen that the Christian has died to sin with Christ's death on the Cross. The flesh no longer has dominion or power over the believer.

Does having resurrection power mean that you won't ever be tempted? Does it mean that you will never sin again? No. Resurrection power is something that a Christian learns to use and depend upon over time.

While the Old Man was put to death at the Cross of Christ, and "the flesh" no longer has dominion over the believer, it is very much alive and manifests itself in distressing ways which mar the Christian's testimony, disturb his joy, and hinder his usefulness.

The Word of God clearly declares that "*the old man*" was crucified, yet as someone has said, "*experience proves beyond doubt that "the flesh" often jumps out at someone like a "jack-in-the-box" when barely provoked and at the most unexpected moments!*"

The flesh is like a drug dealer on the corner—he has no power over you unless you give it to him.

The resurrection of Jesus Christ from the dead can give you the power to change how you think, act and feel and bring your psyche under the lordship of Christ.

Even after a person is saved, there is much work that needs to be done in their *mind*. Our minds are inclined to process information the old way it did before Christ saved us. There is garbage that needs to be clean out of our minds—Paul says in Romans 12 that our minds need to be renewed.

Our *will* or volition also needs resurrection power. Before a person surrenders their life to the Lordship or authority of Jesus Christ, they lived unto themselves.

The moment you became a Christian—you had a new Master—Jesus Christ. You need to move over and let Jesus take the wheel. Some of us don't like to let go of the wheel because we want to be in control. Resurrection power will deliver you from self will.

Our *emotions* also need resurrection power. Some of us wrestle with fear and anxiety on a daily basis. Many fret and worry; some can't even make it through the day without something to artificially lift the emotions up or calm them down.

The fear and anxiety you once wrestled with before becoming a Christian is to become a thing of the past. Christ has given us His peace. This peace is realized in the Christian who subjects his or her emotions to the power of the Resurrection.

The good news concerning the resurrection of Jesus Christ from the dead is that the victory that Jesus won on the Cross is not just a victory over the sting of death, but a victory in the arena of our thought life, our will and our emotions.

Because of the indwelling Holy Spirit, the same power that raised Jesus from the dead is the power that enables us to walk in the Spirit and not fulfill the sinful thinking, immoral conduct and fickle feelings.

In Romans chapter 7, after discussing the internal battle that is waged between the flesh and the Spirit, the Apostle Paul tells his readers that they have been given the victory in Jesus Christ. "*O wretched man that*

*I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the **mind** I myself serve the law of God; but with the flesh the law of sin" (Romans 7:24-25).*

In a message called, [Godly Thinking](#), Dr. John MacArthur notes that we are living in a time when the culture is more interested in emotion and experience than in thinking. That's evident when people more often ask, "How will it make me feel?" instead of "Is it true?"

That wrong focus is also evident in today's theology, where the predominant questions are "Will it divide?" and "Will it offend?" rather than "Is it right?"

In his book *Right Thinking* Bill Hull says, *"What scares me is the anti-intellectual, anti-critical-thinking philosophy that has spilled over into the church. This philosophy tends to romanticize the faith, making the local church into an experience center..."*<sup>1</sup>

Many people are going to church not to think about the truth, reason according to the truth, or learn about the truth, but to get a certain feeling.

Living by our feelings or our emotions rather than right thinking will produce an unstable person. Many Christians allow themselves to fall victim to their feelings rather than to keep their emotions in check and regulated by biblical truth.

*The Bible stresses the importance of clear thinking:*

In Isaiah 1:18 the Lord says, *"Come now, and let us reason together."*

In Philippians 4:8 Paul lays out a list of godly virtues and then tells his readers to *"Think on these things."* We will look at this list later.

*Before we were saved we had a real problem with virtuous thinking.*

- Romans 1:28--*"As they did not see fit to acknowledge God any longer, God gave them over to a depraved mind."* Our minds were corrupt.
- 2 Corinthians 4:4--*"The god of this world has blinded the minds of the unbelieving."* Our minds were blind.
- Ephesians 4:17--*"Walk no longer just as the [lost] also walk, in the futility of their mind."* Our minds were engaged in futile thoughts.
- Ephesians 4:18--The ungodly are *"darkened in their understanding, excluded from the life of God, because of the ignorance that is in them."* Our minds were ignorant.
- 1 Corinthians 2:14--*"A [lost] man does not accept the things of the Spirit of God; for they are foolishness to him, and he cannot understand them, because they are spiritually appraised."* Our minds were foolish.

*In order to get saved we had to understand the truth of the Gospel.*

- 1 Peter 3:15--*"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have"*. The believer should be able to explain his faith to the lost because the Lord uses the Gospel to shine the light of truth in the mind of the unbeliever (2 Cor. 4:4)

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<sup>1</sup> (*Colorado Springs: Navpress, 1985*), p. 66).

- Matthew 13:19--*"When anyone hears the word of the kingdom, and does not understand it, the evil one comes and snatches away what has been sown in his heart."* The lost must understand God's Word to receive salvation that's why Romans 10:17 says faith comes by hearing—that is, understanding the things concerning Christ and His saving work.
- Luke 10:27--*"You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind."* Salvation involves an intelligent response and a reasonable trust in the revealed truth about God.

Some people assume worry is the result of too much thinking. But in reality it's the result of too little thinking in the right direction. If you know who God is and understand His purposes, promises and plans, it will help you not to worry.

*Once we are saved our minds are transformed.*

When a person is saved, they receive a new mind or way of thinking. Our human thought patterns are injected with divine and supernatural ones.

- Romans 8:5-6--*"Those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace."* Because of the Spirit of God in our lives, we think on a spiritual level, not a fleshly one.
- 1 Corinthians 2:15-16--*"He who is spiritual appraises all things, yet he himself is appraised by no man. For who has known the mind of the Lord, that he should instruct Him? But we have the mind of Christ."* The Spirit gives us understanding about God.

*After we are saved, our minds need regular cleansing*

Because we live in a fallen world our "new minds" need continued cleansing and refreshment. The main way God purifies our thinking is by His Word (John 15:3; Eph. 5:26).

- Romans 12:1-2--Paul said, *"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."*

The New Testament calls us to the mental discipline of right thinking.

Colossians 3:2 says, *"Set your mind on the things above, not on the things that are on earth."*

First Peter 1:13 says, *"Gird your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ."*

The Old Testament also calls us to right thinking. King Solomon said, *"My son, if you will receive my sayings, and treasure my commandments within you, make your ear attentive to wisdom, incline your heart to understanding; for if you cry for discernment, lift your voice for understanding; if you seek her as silver, and search for her as for hidden treasures; then you will discern the fear of the Lord, and discover the knowledge of God. For the Lord gives wisdom; from His mouth come knowledge and understanding"* (Proverbs 2:1-6).

*What We Should Think About*

Philippians 4:8 says to dwell on "*whatever is true ... honorable ... right ... pure ... lovely ... of good report ... [excellent, and] worthy of praise.*"

### ***Whatever things are true***

We need to think on the things that are true. Much of our worrying about people, things and circumstances would cease if only we would learn to meditate on the things that are true.

In John 17, Jesus knowing that He would be departing soon prayed for His disciples. He prayed to His Father saying, "*They are not of the world, just as I am not of the world. Sanctify (set them apart) them by Your truth. Your word is truth.*"

Psalms 119: 30 and 43 says, "*I have chosen the way of truth; I have set my heart on your laws. Do not snatch the word of truth from my mouth, for I have put my hope in your laws.*"

The Psalmist is saying that he finds the things that are true in the Word of God. Much of our worrying about people, things and circumstances would cease if only we would learn to meditate on the Word of Truth.

It is the Word of God that helps us to filter our thoughts. One can't discern truth from deception without the Word.

### ***Whatever things are noble***

The word "noble" means "to worship and to revere" and is used in 1 Timothy 3:8 and Titus 2:2 referring to church officers. Paul writes to Timothy, telling him that deacons are to be men "worthy of honor or respect."

Paul is letting us know that is the Christian's responsibility to restrict his or her mind to dwelling or meditating or thinking only on thoughts that are worthy of respect—i.e., honorable thoughts.

Thoughts will enter your mind without you even asking them to come in. The challenge for the Christian is to identify which thoughts are worthy of your respect and which thoughts aren't.

As a father of eight I have seen my share of sibling rivalry. One of my kids will say to her sister, "You've got a big head." The one called the name will come to me and say, "She said I have a bighead."

I ask her, "Do *you* think you have a big head?" I've told my children that there are things that people say to you that you need not entertain. There are some things that should be like "water off a duck's back" — they are not even worthy of our respect.

In 2 Corinthians 10:5 Paul tells us, "*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*"

Paul is telling us that there are some things that you just don't allow to enter your mind. You destroy them on your doorsteps. You cast down or demolish arguments and every pretension that sets itself against the knowledge of God. This is why you need to know the Word of God.

### ***Whatever things are right***

The word “right” refers to what is upright or just, conformable to God’s standards and thus worthy of His approval.

“Noble” thinking is casting away thoughts that may not necessarily be sinful but are not worthy of dwelling on them. “Right” thinking is casting away thoughts that *are* sinful and do not conform to God’s righteous standards.

It will be very difficult for you to think on things that are right if you do not know any right things to think about. How can one acquaint himself with the righteous standards of God? God’s righteous standards are found in His Word.

Psalm 33:4-5 says, “*For the word of the LORD is right and true; he is faithful in all he does. The LORD loves righteousness and justice; the earth is full of his unfailing love.*”

### ***Whatever things are pure***

The fourth category of things we are exhorted to think on is “whatever things are pure.” The word “pure” here emphasizes *moral purity (hagna)*. This is the word for “all sorts of purity. There are clean things, thoughts, words, and deeds.

It is difficult for us to think on the things that are morally pure while living in a world that is constantly bombarding us with sensuality and other anti-Christian values.

### ***Whatever things are lovely***

“Lovely” means, beautiful, attractive, pleasing, charming and appealing. This category of things that we need to think on is important as we consider our relationships with people.

If you are a person with a critical spirit, you need to hear this. The person with a critical spirit can only see the darkside. He or she always seems to come up with everything that is bad about a person, place or thing.

The critical person not only focuses on the dark side of others, he or she focuses on the negative things concerning himself or herself. They focus on their hurt, and discomforts, their pain from rejection.

You need to know that you are made in the image of God. Not only are you made in the image of God, so are the people you tend to look down upon. If they have some issues it is because they need the Lord.

You also need to know that God loves you and to prove it He has invested the lifeblood of His only Son to make you His child and He did the same for others (John 3:16)

When I feel the temptation to worry about my relationship with God I have to think on these things—the things that are lovely, pleasing and appealing.

### ***Whatever things are good report***

“Of good report” means “worth talking about, or appealing.

Have you ever had someone come to you with a report about someone? It didn't matter whether that report was true or false now it stays on your mind. Perhaps it even drove a wedge between you and your friend. Proverbs 6:28 SAYS, "*A troublemaker plants seeds of strife; gossip separates the best of friends.*"

The devil would have you to meditate on evil reports about your friends and even about your church leadership. This is why Paul writes in 1<sup>st</sup> Timothy 5:19, "*Do not entertain an accusation against an elder unless it is brought by two or three witnesses.*" In other words, anything outside of an unsubstantiated, unverified report is gossip.

The problem is that gossip can come disguised as a good report but the end result is a lot of stress. Proverbs 18:8 says, "*What dainty morsels rumors are—but they sink deep into one's heart.*"

If it is not "of good report" it is not worth talking about.

***If anything is...***

*<sup>8</sup>Finally, brethren, whatever things are true, whatever things are noble, whatever things are right, whatever things are pure, whatever things are lovely, whatever things are of good report, **if there is any** virtue and if there is anything praiseworthy—meditate on these things.*

Suddenly Paul changes the sentence structure to what are called conditional clauses. He uses the words "if anything is" which is a rhetorical device that forces the reader to exercise his or her own discernment and choose what is "excellent" (NIV – virtue) and "praiseworthy."

Bible teacher Warren Wiersbe says, "If it has virtue, it will motivate us to do better; and if it has praise, it is worth commending to others. No Christian can afford to waste "mind power" on thoughts that tear him down or that would tear others down if these thoughts were shared."

We may not be able to control what thoughts knock on our minds door but we do have control over which thoughts we let enter and stay. Someone has widely said, "A bird may land in our hair, but we don't have to let it build a nest there."