

Spiritual Health

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We are not meant to remain as children at the mercy of every chance wind of teaching . . . But we are meant to hold firmly to the truth in love, and to grow up in every way into Christ, the head.

Ephesians 4:14a-15 PHILLIPS

5 EXPRESSIONS OF SPIRITUAL GROWTH . . .

1. Spiritual Growth Is Incarnational.

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

1 Corinthians 3:16 NIV

(It's) a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you.

Ephesians 4:24b MSG

2. Spiritual Growth Is Intentional.

Whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

James 1:25 NIV

3. Spiritual Growth Is Incremental.

Our lives (are) gradually becoming brighter and more beautiful as God enters our lives and we become like him.

2 Corinthians 3:18b MSG

4. Spiritual Growth Is Habitual.

Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more.

Hebrews 10:25a GNT

5. Spiritual Growth Is Relational.

(Christ) makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

Ephesians 4:16 NLT

How Do I Know If I'm Becoming a Spiritually Healthy Person?

1. You know Jesus by completely trusting in Him and loving His church.
2. You are growing spiritually through reflective Bible reading, prayer, and community.
3. You give your time, spiritual gifts, and money to God as an act of worship.
4. You reproduce yourself by investing in others and sharing your faith.

Weekend Music:

God So Good (Life Church Worship) • Worthy Of It All (David Brymer) •
This Is Amazing Grace (Jeremy Riddle) • I Thank God (Maverick City Music)
We Praise You (Bethel Music)