

How to Grow Spiritually

I. Introduction

- a. It is best to take personal responsibility for our spiritual growth.
- b. The first step to growing spiritually is to honestly locate and evaluate our spiritual progress.
 - i. The law of destination starts with location.

II. 3 Stages of Spiritual Growth

- a. The purpose of the church is to edify and equip everyone to progress from spiritual immaturity/infancy towards maturity.
 - i. Infancy – when we need to be fed by someone else
 - ii. Childhood – when we have learned how to feed ourselves
 - iii. Maturity – when we are feeding others

III. 5 Keys to Spiritual Growth

- a. The keys are like a measuring device to help locate where we are on the path of spiritual growth.
 - i. Daily Time with God
 - ii. Community Involvement
 - iii. Removing Blockage/Hindrances
 - iv. Growing Others
 - v. Passing Tests

IV. Daily Time with God

- a. Quality, uninterrupted time set aside to invest in a relationship with God through:
 - i. Prayer
 - ii. Bible Study
 - iii. Praise & Worship
- b. It is important to spend time daily with God, just like it time to spend time daily with a spouse.
- c. The key is discipline.
 - i. Spend the first 15 minutes of each day with God.
 - ii. Add daily time with God to our personal schedule.
 - iii. Fast and pray as a lifestyle.
 - iv. Pay earnest attention to Sunday service teachings.
 - 1. Regularly listen to the recordings of teachings.
 - 2. Download the notes and read the pre-/post- text to the listed scriptures.
 - v. Exchange the time that is normally used doing unproductive things for spending more time with God.
 - vi. Remember that the Word of God is inexhaustible; no matter how many times it is reviewed, something new can be learned from it.

- vii. Learn that Word of God is not just for personal edification but to also share with others.
 - 1. A concept from the Word of God is grasped, when one can share it with others, see those people change and then those people teach others as a result.
- d. Paul, David and Jesus understood the importance of daily time with God.

I Peter 2:2 NIV

Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation...

Psalms 5:3 NIV

In the morning, LORD, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

V. Community Involvement

- a. Involvement in the church community
 - i. Church is not a hobby.
 - ii. The church should be like a family.
 - iii. The full value of the church is experienced when life is built around it.
- b. Involvement consists of the following:
 - i. Consistent church attendance on Sundays and church events
 - ii. Involvement in church group live through connect groups and serve teams
 - iii. Actively looking for opportunities to help
 - iv. Becoming more available to help
 - v. Building relationships with church leadership
 - vi. Being accountable
 - vii. Willing to be taught and instructed by leadership

James 5:16a

Therefore confess your sins to each other and pray for each other so that you may be healed...

VI. Removing the Blockage

- a. Everyone experiences obstacles or blockages to their spiritual growth.
 - i. Blockages could be an unhealthy mindset or heart issue and can include:
 1. Pride
 2. Rebellion
 3. Poisonous people
 4. Immature people
 5. Distractions
 6. Unbelief
 7. Complacency and Laziness
 8. A Religious Spirit
- b. To continue to grow, one must remove those blockages.
- c. It is hard to identify personal blockages, so we must have a select group of mature people in our life who can help recognize these blind spots.

Galatians 5:7 NIV

You were running a good race. Who cut in on you to keep you from obeying the truth?

VII. Growing Others

- a. The most exciting thing to do as a Christian:
 - i. Sharing Jesus with someone then they choose to accept Him
- b. The most exciting thing about coming to church:
 - i. Bringing someone with us who is does not regularly attend church and watching as God changes their lives
- c. Spiritual growth comes when one:
 - i. Goes out of their way to help others grow
 - ii. Is inconvenienced to help others grow
 - iii. Experiences the pains of helping others grow
- d. Keys to Growing Others
 - i. Look for people that we can help raise up and pour into.
 1. Do a weekly one-on-one Bible study with them or spend regular time with them to discuss spiritual things and the Word of God.
 - ii. Reach out to a connect group leader or get a pastor's guidance on how to grow others when experiencing hindrances.

Ephesians 4:16

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Mark 1:17

“Come, follow me,” Jesus said, “and I will send you out to fish for people.”

Mathew 28:19-20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

VIII. Passing Tests

- a. The greatest growth happens by overcoming a trial/hindrance with the Word of God led by the Spirit of God.
- b. Every time of trouble is a learning experience that has the potential to exercise faith.
- c. It is not about what we *go* through but what we *grow* through.

I Peter 4:12 NIV

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.