

9.8.2024

# Stuck

## HOW TO GET UNSTUCK AND GROW SPIRITUALLY

*“Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching...Instead, we will speak the truth in love, growing in every way more and more like Christ...”*

*Ephesians 4:14-15 (NLT)*

*“Finally, dear brothers and sisters, we urge you in the name of the Lord Jesus to live in a way that pleases God, as we have taught you. You live this way already, and we encourage you to do so even more.” 1 Thessalonians 4:1 (NLT)*

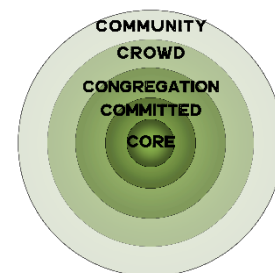
| Myth  | Fact  |
|---|---|
| <ul style="list-style-type: none"> <li>• Growth is automatic</li> <li>• Can be instant</li> <li>• Grow by attending church</li> <li>• Happens alone</li> <li>• Measured by beliefs</li> </ul> | <ul style="list-style-type: none"> <li>• Growth is a choice</li> <li>• Gradual process</li> <li>• Grow by developing habits</li> <li>• Happens with others</li> <li>• Measured by beliefs and behavior</li> </ul> |

## STEPS TO GET UNSTUCK AND GROW SPIRITUALLY

### 1. You’ve got to WANT IT.

*“You will seek Me and find Me when you seek Me with all your heart.”*

*Jeremiah 29:13 (NIV)*



### 2. Spiritual growth takes place IN STEPS.

*“You have been Christians a long time now, and you ought to be teaching others, but instead...you need someone to teach you...You are like babies who can drink only milk...when a person is still living on milk it shows he isn’t very far along in the Christian life, and doesn’t know much about the difference between right and wrong. He is still a baby Christian!” Hebrews 5:12-13 (TLB)*

### 3. Spiritual growth happens when we practice GOOD HABITS.

*“...You have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like Him.” Colossians 3:9-10 (NLT)*

## 4 Habits That Help Us Grow

1. **BIBLE STUDY**
2. **PRAYER**
3. **TITHING**
4. **FELLOWSHIP** with other "apprentices of Jesus"

### 4. Spiritual Growth happens best in **RELATIONSHIPS**, not alone.

*[Jesus] "You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'" Matthew 22:37-39 (NLT)*

*"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near." Hebrews 10:24-25 (NLT)*

### 5. In Spiritual growth, **GOD HAS A PART** and **WE HAVE A PART**.

*"So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image." 2 Corinthians 3:18 (NLT)*

**Keep the Conversation Going...**