

# COMMIT TO GROW

January 21, 2024

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## **I Timothy 4:8** (NIV)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

**Start with the end in mind. Jesus is the example!**

Discipleship = Seek the face of God, not just the hand of God

## **Psalms 1:1-3** (NASB)

How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.

**Be careful about your relationships!**

Progression = Walk -> Stand -> Sit

**God's word is VITAL to spiritual health!**

## **Psalms 1:2** (NASB)

But his delight is in the law of the LORD,  
And in His law he meditates day and night.

UNLEASHED  
CHRISTIAN  
CHURCH  
TEACHING NOTES

## **II Timothy 3:16-17** (NASB)

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

## **Romans 12:2** (NASB)

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

## **OBSERVATIONS ABOUT SPIRITUAL HEALTH**

### **1. We must stay connected to the source**

#### **Psalms 1:3** (NASB)

He will be like a tree firmly planted by streams of water, Which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.

### **2. Fruit is the evidence of health**

#### **Galatians 5:22-23** (NASB)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

### **3. Growth takes time**

#### **Hebrews 12:1-2** (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race

God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross, disregarding its shame. Now He is seated in the place of honor beside God's throne.

**NEXT WEEK = CARE ABOUT OTHERS**

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.*

***Thank you for joining us!***