



DO YOU WANT TO GROW?
Ephesians 4:11-16 (ESV)

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11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

FIVE PRINCIPLES OF SPIRITUAL GROWTH

1. WE GROW WHEN WE FEED ON GOD’S WORD

Matthew 4:4 (ESV)

(Jesus) answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.””.

Acts 20:32 (ESV)

(Paul “And now I commend you to God and to the Word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified.”

Hear...Read...Study...Memorize...Meditate...Apply

2. WE GROW WHEN WE ARE TEACHABLE

The Teaching Style of Jesus in the Gospels:

- ☐ Auditory – We learn by listening
- ☐ Verbal/Oral – We learn by talking/asking
- ☐ Visual – We learn by watching/reading
- ☐ Physical/Kinesthetic – We learn by doing



3. WE GROW WHEN WE DEVELOP SPIRITUAL HABITS

John 13:15-17 (ESV)

“For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them.”

Philippians 4:9 (ESV)

“What you have learned and received and heard and seen in me – practice these things, and the God of peace will be with you.”

Hebrews 5:14 (ESV)

“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.”

- ☐ Habit of weekly large group worship
 - ☐ Habit of small group fellowship
 - ☐ Habit of a daily time alone with God (Bible & Prayer)
 - ☐ Habit of memorizing God's Word
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4. WE GROW WHEN WE DON'T GO IT ALONE

Romans 1:11-12 (ESV)

“For I long to see you, that I may impart to you some spiritual gift to strengthen you— that is, that we may be mutually encouraged by each other's faith, both yours and mine.”

Hebrews 10:24-25 (ESV)

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

5. WE GROW WHEN WE COMMIT

Jeremiah 29:13 (ESV)

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

Colossians 4:12 (ESV)

“Epaphras, who is one of you, a servant of Christ Jesus, greets you, always struggling on your behalf in his prayers, that you may stand mature and fully assured in all the will of God.