



Discipleship Essentials Pathway - Week 6 “How We Grow”

I. Spiritual growth takes a “HEALTHY PICTURE.”

Romans 12:1-2 (NIV)

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

II. Spiritual growth takes a “HEALTHY PHILOSOPHY.”

- Spiritual growth is a consistent journey of taking hold of all Christ has for us.
- We don’t grow spiritually to be more loved by God, but we grow spiritually to reflect more of the love of God.
- You can’t produce spiritual growth, but you are called to participate in it.

1 Timothy 6:12 (NIV)

Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.

- Spiritual growth is not: automatic, fast, or easy.
- If you remain passive about your spiritual growth, your life will be a constant struggle.

III. Spiritual growth takes a “HEALTHY PLAN.”

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1 Timothy 4:7-8 (NIV)

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸For 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.

- **TRUTH** from Scripture, consistently applied, is always a catalyst to spiritual growth.
- **SURRENDER** is the missing ingredient to growth.

Matthew 5:23-24 (NIV)

"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

- **SACRIFICE** will unlock amazing spiritual growth.
- Consistently working your growth plan will yield spiritual gains.
- Christians never become sinless, but they should sin less!

Spiritual Growth Challenge:

Healthy Picture

- Take 10 min and write a letter to your future self.

Healthy Philosophy

- Will you commit to be the primary discipler in your child's life?

Healthy Plan

- Will you give 15 minutes a day in the Word?
- Will you memorize one passage per week?
- Will you commit to train with others?
- What is one area you will open your fist up in surrender to the Lord?
- What is one area by God's grace you will sacrifice today?

1 John 2:3 (NIV)

We know that we have come to know Him if we keep His commands.