

# DO YOU REALLY WANT TO GROW UP?

PBC - 40 Days of Prayer – Part 1 – Ephesians 4:11-16

*“Then we will no longer be infants, tossed back and forth by the waves ... Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 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.” Ephesians 4:14-16*

## SIX LAWS OF SPIRITUAL GROWTH

### 1. WE GROW WHEN WE FEED ON THE WORD OF GOD

*Jesus: “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.” Matthew 4:4*

*Paul: “... the Word of grace is able to build you up and give you all the blessings that God has for his people.” Acts 20:32*

*Peter: “Grow in the grace and knowledge of our Lord and saviour Jesus Christ ... ” 2 Peter 3:18*

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

ACTION STEP: A DAILY TIME WITH GOD FOR 40 DAYS

### 2. WE GROW WHEN WE LEARN IN DIFFERENT WAYS

- By Listening (Auditory)
- By Watching/Reading (Visual)
- By Talking (Verbal/Oral)
- By Doing it (Physical/Kinesthetic)

*“God speaks in different ways, and we don’t always recognize his voice.” Job 33:14 (CEV)*

### 3. WE GROW WHEN WE DEVELOP SPIRITUAL HABITS

*“Now that you know these things, you’ll be blessed if you practice them!” John 13:17 see also Hebrews 5:14*

*“All good athletes train hard and practice to get better. They do it to win a prize that won’t last. But we practice to win a prize that will last forever!” 1 Corinthians 9:25*

- 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

### 4. WE GROW WHEN WE HELP EACH OTHER TO GROW

*“... you and I may be mutually encouraged by each other’s faith.” Rom 1:12*

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another ...” Hebrews 10:24-25*

ACTION STEP: JOIN IN A SMALL GROUP

### 5. WE GROW WHEN WE EXPECT TO GROW

*Jesus: “According to your faith will it be done to you.” Mat 9:29*

### 6. WE GROW WHEN WE COMMIT TO GROW

*James: “Come near to God and he will come near to you.” James 4:8*

*God: “you will seek me and find me when you seek me with all your heart...” Jeremiah 29:13 see also Nehemiah 9:38*

ACTION STEP: COVENANT WITH OTHERS