

How Can I Grow Spiritually?

Objective

To learn the means by which we can deepen our walk with God

References

The Holy Bible

Scriptural Verse

“As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.” (Colossians 2:6-7)

Lesson Outline

1. Have faith in the Lord Jesus Christ and in your redemption through His blood.

You must come to know Him as your personal savior. Once we come to Christ, He gives us a new nature and clothes us in purity.

- “He who has the Son has life; he who does not have the Son of God does not have life” (1 John 5:12)
- “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17)

2. Increase your knowledge and understanding of God’s Word.

- “All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work” (2 Timothy 3:16-17).
- “For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does” (James 1:23-25).

3. Live a life of prayer

Prayer is our dialogue with God. It brings us closer to Him and subtly changes and cleanses us. Take all problems, successes, and failures to the Lord in prayer. Involve Him in your daily life through prayer.

- “pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:17-18).

4. Struggle against sin at all times.

Be alert and aware of all temptations. If you fall into sin, quickly ask for forgiveness from the Lord and be assured that He has forgiven you.

- “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.” (Galatians 5:16-17)

- “My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation for our sins, and not for ours only but also for the whole world” (1 John 2:1-2).
- “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

5. Partake of the free grace that God has given you through confession and Holy Communion.

This allows us to renew our union with God and to grow spiritually in Him. These gifts are given to us freely and we do not have to do much to receive them.

- “He who eats My flesh and drinks My blood abides in Me, and I in him.” John 6:56

6. Make an effort to serve others.

This is a fundamental principle in Christianity. Just as Christ denied Himself and served us, He called us to do the same.

- Greater love has no one than this, than to lay down one’s life for his friends” John 15:13.
- “And whoever desires to be first among you, let him be your slave” (Matthew 20:27) and “And whoever of you desires to be first shall be slave of all” (Mark 10:44).

Conclusion

Spiritual growth is a life long effort that involves developing our relationship with Christ. This is done by believing in Him and His love for us and His ability to work in our lives as well as by knowing His Word, and having a meaningful prayer life. It involves being alert and struggling against sin at all times, partaking of the sacraments, and by serving others.

Activities/Discussion

1. How do you define spiritual growth?
2. Is there a limit to spiritual growth?
3. What are characteristics of someone who is growing spiritually?