

AM I GROWING?

What is spiritual growth and why is it important?

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A. Warm-Up Question

- True or false: "I will automatically grow spiritually if I read the Bible, pray, and go to church. Why or why not?"
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B. Definition of Spiritual Growth

"Spiritual growth is a progressive work of God and man that makes us more and more free from sin and like Christ in our actual lives." (Grudem)

Key Scriptures:

- *"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."* (2 Peter 3:18)
 - *"For those God foreknew He also predestined to be conformed to the image of His Son."* (Romans 8:29)
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C. Four Reasons Why Spiritual Growth is Important

1. **It _____**: Spiritual growth helps us stand firm in trials and remain faithful to God. (James 1:12)
2. **It _____**: As we grow spiritually, our relationship with God deepens, leading to peace and joy. (James 4:8)
3. **It _____**: Growth enables us to fulfill our God-given calling and serve others effectively. (2 Timothy 3:17)
4. **It _____** A spiritually mature life becomes a testimony, drawing others to Christ. (Matthew 5:16)

D. Roadblocks to Spiritual Growth

1. **Lack of Time with God:** Neglecting prayer, Bible study, or worship prevents growth.
2. **Unconfessed Sin:** Harboring sin disrupts our fellowship with God. (Isaiah 59:2; 1 John 1:6-9)
3. **Spiritual Apathy:** A lukewarm attitude leads to stagnation. (Revelation 3:16)
4. **Negative Influences:** Worldly distractions or relationships can pull us away from God. (1 John 2:16)
5. **Pride and Self-Sufficiency:** Depending on ourselves instead of God hinders reliance on His power. (Proverbs 3:5-6)

E. Five Steps to Grow Spiritually

1. **P** _____: Daily reading and meditation on Scripture provide wisdom and direction (Psalm 119:105).
2. **P** _____: Maintain an ongoing conversation with God about everything (1 Thessalonians 5:17).
3. **F** _____: Fellowship with other Christians encourages and challenges spiritual growth (Heb. 10:24-25).
4. **S** _____: Using our gifts to serve deepens our faith and mirrors Christ's humility (Matt. 20:28).
5. **B** _____: Surrender daily to the Spirit's guidance and correction (Gal. 5:16).

F. Application

1. Ask yourself which of the roadblocks to spiritual growth do you most resonate with? Why?
 2. Ask God to reveal areas of needed growth, to provide strength to overcome roadblocks, and to ignite a deeper passion for Him.
 3. What step will you take this week to grow spiritually, and how can we in Prime Time pray for you in that? (Use the 3x5 cards on your table)
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