

Authentic Spiritual Growth



Spiritual growth is a lot like physical growth. To stay healthy and grow physically we must eat the right foods, exercise, and enjoy plenty of rest. According to the Bible, growing spiritually involves the same formula. *Ephesians.4:14-15* says "Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 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."

To grow, you obviously need to eat. Christians must eat the right spiritual food – God's Word. Yet many Christians try to survive on spiritual "fast food." What is that fast food? A pastor's, preacher's or a teacher's message, rather than the Bible. Some watch Christian shows on TV, read Christian magazines, and listen to Christian music, read messages like this on the internet while cutting the Bible out of their diet.

Some believers do not read the Bible at all. They are afraid of Biblical principles that should govern their lives. They are simply looking for sooth sayings from the pulpit. But nothing builds the body – the Body of Christ – like the Bible. Everything else is supplementary – and, sometimes it is contradictory to the Word of God!

Secondly, exercise is another body builder. Christians exercise through resisting temptation, enduring trials, serving others, and telling others about their faith. Temptation and problems test our character. Serving others stretches our faith. Telling people about Christ strengthens our love for Him.

One less-than-obvious way to grow is to enjoy! Christians enjoy rest through worship. Our world has a tendency to pull us in different directions like a rubber band stretched to the limit. We need sleep, rest, and times of vacation to get our physical batteries recharged. In the same way, we need proper time of prayer and worship to keep us spiritually renewed.

Spiritual growth takes time – a lifetime. This means growing in a glowing relationship with God. Growing a strong Christian life means learning how to love Jesus more each day, staying close to Him, and getting to know Him better.

At HBC, the goal of everything we do in worship and serving opportunities is to help grow in Christ, and to grow in your relationship with other Christians – and love those around you into the Kingdom!