Fardale Trinity Church Review: 1 Timothy 4:6-10

Spiritual Fitness (Part 2)

Pastor Joe Talone May 3, 2015

Stages of Spiritual Growth and Development 1 John 2.12-14

Non-Christian (Spiritual birth precedes spiritual growth and development)

- 1. 7+ billion Jn 3.16 God loves World = People.
- 2. The Holy Spirit convicts... Jn 16.8
- 3. ...and when the person repents and believes in Jesus... Mk 1.15
- 4. ...he or she is born spiritually into God's family. Jn 3.3

#### A newborn Christian is a spiritual infant.

What do babies need?

- 1. Babies Need Milk 1 Peter 2:2
- 2. Babies need a Foundation Hebrews 6:1-2
- 3. Babies need Parents 1 Thess 2:7,11

# A growing Christian is a spiritual child.

What do growing children need?

- 1. Children need to feed themselves Heb 5.12-14
- 2. Children need Examples Phil 3.17
- 3. Children need Discipline Deut 10.12-13

## A maturing Christian is a spiritual adolescent.

What do adolescences need?

- 1. Adolescences need to forsake lesser pursuits. Lk 14:26
- 2. Adolescences need to follow Jesus' teaching. John 8:30-32, Acts 20:32
- 3. Adolescences need to fellowship with God's family. John 13:34-35, 1 Jn 3:16
- 4. Adolescences need to bear fruit. Gal. 5:22-23

## A mature Christian is a spiritual adult.

What do adults need?

- 1. Adults need to reproduce / have children. Matthew 9:36-38; John 15:8
- 2. Adults need to make disciples. Matthew 28:18-20
- 3. Adults need to raise children to reproductive maturity! 2 Tim 2.2/ Col 1.28-29

#### Message

Spiritual growth is a process in which you participate.

So What? Now What? Action Points:

- Spiritual growth is a natural process that the Holy Spirit does in the life of a studentfollower of Jesus, but it is a process you can help or hinder. You can interrupt the Spirit's work in your life.
- · Mark you calendar:

Five Thursdays in July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> to learn how to do a daily quiet time that includes prayer, Bible reading, meditation, Scripture memorization, etc.