1 Timothy 2:1-4 "**1 I urge you, first of all, to pray** for all people. Ask God to help them; intercede on their behalf, and give thanks for them. **2** Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. **3** This is good and pleases God our Savior, **4** who wants everyone to be saved and to understand the truth." (NLT)

Ephesians 4:14-15 "14 We're not meant to remain as children at the mercy of every chance wind of teaching and the jockeying of men who are expert in the crafty presentation of lies. 15 But we are meant to hold firmly to the truth in love, and to **grow up** in every way into Christ, the head." (Philips)

HOW TO GROW UP IN THE LORD

1. We grow when we feed on GOD'S WORD.

Matthew 4:4 "Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (NIV)

Acts 20:32 "Now I commit you to God and to the word of His grace, which can build you up and give you an inheritance among all those who are sanctified." (NIV)

2. We grow when we LEARN in different ways.

Luke 3:18 "In many different ways John preached the Good News to the people and urged them to change their ways." (TEV)

Job 33:14 "God speaks in different ways and we don't always recognize His voice." (CEV)

LEARNING MODELS

Fleming's (2001) VAK Model
- Visual (65%)
- Auditory (30%)
- Kinesthetic (5%)

12 Ways of Learning (with sensory) – Dr. Erica Warren

1) Visual: eyes
2) Auditory: ears
3) Tactile: touch
4) Kinesthetic: movement
5) Sequential: step by step
6) Simultaneous: categorizing or big picture
7) Verbal: thinking aloud
8) Interactive: learning with others
9) Reflective/Logical: thinking and reflecting
10) Direct/Experience: life experiences
11) Indirect Experiences: demonstrations
12) Rhythmic Melodic: rhythms & beats

3. We grow when we develop SPIRITUAL HABITS.

Celebration of Disciplines, Richard Foster (12 disciplines)

Inward Disciplines

- Mediation
- Prayer
- Fasting
- Study

Outward Disciplines

- Simplicity
- Solitude
- Submission
- Service

Corporate Disciplines

- Confession
- Worship
- Guidance
- Celebration

John 13:17 "Now that you know these things, you will be blessed if you do them." (NIV)

Hebrews 5:14 "Solid food, on the other hand, is for adults, who through practice are able to distinguish between good and evil." (TEV)

1 Timothy 4:8 "Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only in this life, but in the next life too." (LB)

40 Days of Prayer

- The habit of weekly LARGE GROUP worship.
- The habit of SMALL GROUP fellowship.
- The habit of a DAILY TIME alone with God.
- The habit of MEMORIZING God's Word.

4. We grow when we HELP EACH OTHER grow.

Romans 1:12 "I want us to help each other with the faith we have. Your faith will help me, and my faith will help you." (NCV)

Hebrews 10:24-25 "24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." (NLT)

5. We grow when we EXPECT to grow.

Matthew 9:27-31 "27 As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!" 28 When He had gone indoors, the blind men came to Him, and He asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. 29 Then He touched their eyes and said, "**According to your faith let it be done to you**"; 30 and their sight was restored. Jesus warned them sternly, "See that no one knows about this." 31 But they went out and spread the news about him all over that region." (NIV)

Hebrews 11:1-2 "1 Now faith is confidence in what we hope for and assurance about what we do not see. 2 This is what the ancients were commended for." (NIV)

6. We grow when we COMMIT to grow.

Jeremiah 29:13 "You will seek me and find me **when** you seek me with all your heart." (NIV)

Psalm 37:5 "Commit everything you do to the Lord. Trust Him, and He will help you." (NIV)

BOTTOM LINE:

2 Corinthians 13:9 "… Our greatest wish and prayer is that you will become mature Christians." (LB)

1 Peter 2:2 "Be like newborn babies, always thirsty for the pure spiritual milk, so that by drinking it you may **grow up** and be saved." (TEV)