

# How Do I Grow Spiritually?

## SCRIPTURE READING: Romans 8:1-4

### INTRODUCTION.

- A. "How do I grow spiritually?"
  - 1. For a Christian, this is a wonderful question.
  - 2. This question shows a person's concern and desire towards serving the Lord.
- B. However, in order to grow spiritually, a Christian must understand how to grow spiritually.
  - 1. Growing spiritually is much more than going to worship services from time to time.
  - 2. Growing spiritually is much more than occasionally remembering to pray.
- C. Before we can address how we grow spiritually, we will first consider what it means to be spiritually minded.

### I. WHAT IS BEING SPIRITUALLY MINDED?

- A. To answer this question, we must understand the differences between being carnally minded and being spiritually minded. (Read Romans 8:1-11)
  - 1. To be carnally minded is to be driven by the desires and concerns of the flesh.
    - a. We "*live according to the flesh*" and therefore, set our "*minds on the things of the flesh.*" (Romans 8:5)
    - b. Our "*carnal mind*" is hostile towards God. It cannot be subject to the law of God. (Romans 8:7)
    - c. We "*cannot please God.*" (Romans 8:8)
    - d. We are spiritually dead, completely separated from God. (Romans 8:6; cf. 5:12ff)
    - e. We allow sin to thrive in our lives.
      - 1) The apostle John warns against the lust of the flesh, the lust of the eyes, and the pride of life. (1 John 2:15-17)

- 2) In his letter to the church in Colossae, the apostle Paul reminds the saints to *“put to death your members which are on the earth.”* Consider a few examples of sins which result from the carnally minded man. (Colossians 3:5-10)
2. To be spiritually minded is to be driven by the desire to serve the heavenly Father and to abide by His will.
    - a. We are to *“live according to the Spirit”* and therefore, set our minds on *“the things of the Spirit.”* (Romans 8:5)
    - b. We have the Spirit of God, the Spirit of Christ. (Romans 8:9)
    - c. We *“are not in the flesh but in the Spirit.”* (Romans 8:9)
    - d. Our *“body is dead because of sin, but the Spirit is life because of righteousness.”* (Romans 8:10)
    - e. Our mortal bodies will have life *“through His Spirit who dwells in you.”* (Romans 8:11)
    - f. We put to death the deeds of the body. (Romans 8:13)
      - 1) The *“body is dead because of sin”* because we put away the sinful desires of the body, no longer allowing them to live within our lives.
      - 2) Our *“mortal bodies”* have life in that we now use our bodies to serve the Lord, presenting ourselves as living sacrifices to God. (Cf. Romans 12:1-2)

## II. HOW DOES A PERSON GROW SPIRITUALLY?

- A. We shape our minds to desire to study God’s word. (cf. 2 Timothy 3:16,17)
  1. The Spirit of God has revealed the mind of God. He has revealed the things which he *“has prepared for those who love Him”* through His Spirit. (1 Corinthians 2:9-16)
  2. Jesus sent the Holy Spirit to teach all things to the apostles. (John 16:7-15)
  3. The more time we spend in the Word, the more we will know how to think according to the Spirit.

- B. We shape our minds to **desire to pray to the Lord daily.**
  - 1. Prayer is the avenue by which we talk to our heavenly Father. (Philippians 4:6)
  - 2. When we pray, the Spirit intercedes for us. (Romans 8:26-27)
- C. We shape our minds to **desire to worship the Lord with fellow Christians.**
  - 1. The Father is seeking those who will worship Him in spirit and in truth. (John 4:23-24)
  - 2. Let us be the ones who worship the Lord with others of like precious faith.
- D. We shape our minds to love the Lord. (Mark 12:29-31)
- E. We shape our minds to love the Word of the Lord. (Cf. Psalm 119:97)
- F. We shape our minds to have a zeal for serving the Lord. (Titus 2:14)
- G. We shape our minds to desire fellowship with the Lord. (Cf. 1 John 1:3)
- H. We shape our minds to shape our will to the will of God.
  - 1. Learn from Jesus' desire to do the Father's will. (Matthew 26:39; cf. John 15:9-10)
  - 2. We too must have the conviction that in all things God's will must be done.

**CONCLUSION.**

- A. The more we study the Word of God, the greater our understanding of spiritual mindedness will grow.
  - 1. God's word will reveal to us how walking according to the Spirit will change our lives.
  - 2. God's word will show us how to shape our minds, our hearts, and our will to His design and purpose.
- B. Do you have a desire to grow spiritually? If so, then abide by and in the wonderful word of God.