

Brian E. Smith
February 12, 2023
40 Days of Prayer - Part 1
Grow Up!
Ephesians 4:1-15

Ephesians 4:14 (Phillips) We are not meant to remain as children at the mercy of every chance wind of teaching...But we are meant to hold firmly to the truth in love, and to **grow up in every way into Christ.**

Five Laws of Spiritual Growth

1. **We grow when we _____.**
Matthew 4:4 (NLT) Jesus told him, "People do not live by bread alone, but by every word that comes from the mouth of God."
Acts 20:32 (GNT) I commend you to the care of God and the message of his grace, which is able to build you up and give you the blessings God has for all his people.

Hear...Read...Study...Memorize...Meditate...Apply

Action Step: A _____

- **Book** - What does it say?
- **Look** - What does it say to me?
- **Took** - What am I going to do with it?

2. **We grow when we _____.**
John 13:17 (NIV) Now that you know these things, you will be blessed if you do them.
Hebrews 5:14 (GW) Solid food is for mature people whose minds are trained by practice to know the difference between good and evil.
1 Corinthians 9:25 (NLT) All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

- Habit of weekly Sunday worship[
- Habit of a daily time alone with God
- Habit of memorizing God's Word

3. **We grow when we _____.**
Romans 1:12 (NCV) I want us to help each other with the faith we have. Your faith will help me, and my faith will help you.
Hebrews 10:24-25 (GNT) Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.

Action Step: _____

4. **We grow when we _____.**
Matthew 9:29 (NIV) Jesus Said, "According to your faith will it be done to you."

5. **We grow when we commit to grow.**
Jeremiah 29:13 (NIV) You will seek me and find me when you seek me with all your heart.

Action Step: _____