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## How Can We Hinder Our Own Spiritual Growth? Heb. 12:1-2

Building spiritual growth is a day-to-day process.

Increasing our knowledge base and understanding God's word is the key.

Spending time reading the word is a part of growing who we want to be.

Our desire and actions to be more like Jesus speak volumes about growth.

As Christians, we are called to move forward with our faith. Phil. 3:14; Heb. 12:1

What are some things that hinder spiritual growth?

### **I. Distractions and desire**

- We are the ones who determine our level of hunger and desire.
- You can increase desire by exercise or destroy it by neglect. Prov. 27:7
- When our soul is filled with clutter and distraction, we tend to neglect the sweet intimate fellowship with the Lord.
- You can increase your desire for God and His kingdom by decreasing the clutter and distractions and increasing the time you spend thinking about Him.

### **II. Negative thinking**

- Negative thinking is a bad habit which you need to address.
- Ask God for strategies to replace a negative habit with a positive, faith-filled habit.

### **III. Shallow relationships**

- Illustration: Abraham and Lot. Gen. 13
- They each had different attitudes, motives, and goals.
- They had to separate.
- Sometimes you may have to cut ties with some negative and limiting people.
- God will bring right relationships into your life. Psa. 119:163

### **IV. Judgmental attitudes**

- When we pass judgment on others, we usurp God's authority to judge. Matt. 7:1-5

### **V. Fear of change**

- Nothing will keep you in a spiritual limbo like fear.
- God calls us to face our fears. 2 Tim. 1:7
- We must be careful not to let anyone or anything distract us from God and making heaven our home. Rom. 8:35-39