



Where Are You Spiritually? Heb. 5:12-14

Am I moving backward? Am I stagnant? Am I moving forward?

Why do I need spiritual disciplines to grow in my faith?

I. A lack of spiritual growth is not supposed to be the standard for Christians – 5:11-12

- As Christians we are called to be growing all the time.
- When you are hungry to grow, everything you learn is exciting.
- If you are not intentional in growing in spiritual maturity, then over time you'll drift from God.

II. God's desire is for us to grow to spiritual maturity – 6:1-3

- God desires us to grow, this is not just something we should want, it is something God wants for us to do.

III. It is time to stop trying and start training – 5:13-14

- We have a part to play in our growth.
- To grow, we need to quit trying and start training. – I Cor. 9:25-27
- Training methods used to grow in your faith are called spiritual disciplines. – 2 Tim. 3:16-17
- First decide you are going to train.
- Second get a workout plan.
- Third take the first step!

Start today!