
VELCROED FOR GROWTH

THE TRUTH ABOUT SPIRITUAL GROWTH: Three Key Ingredients

- 1 The HOLY SPIRIT provides **power** and **motivation**.
Philippians 2:13
- 2 The BIBLE provides **guidance** and **perspective**.
2 Peter 1:2-11/ 2 Timothy 3:16-17/ Psalm 119:105
- 3 OTHER CHRISTIANS provide **support** and **accountability**.
Hebrews 10:24-25

WHY THE 3rd INGREDIENT IS SO OFTEN IGNORED:

- 1 We've mistakenly assumed Christianity is mostly about **me and God**.
Matthew 22:36-40/ Hebrews 10:24-25/ John 13:34-35
- 2 We've confused **going to** church with **being the** church.
Hebrews 10:24-25/ 1 Corinthians 14:26/ 1 Thessalonians 5:14-15

WHY THE 3rd INGREDIENT IS SO IMPORTANT:

- 1 We all live better when **someone else is watching**.
Hebrews 10:24-25/ Ephesians 5:8-9
- 2 There are over 30 New Testament "*one anothers*" we're supposed to do.
Ephesians 4:2/ 1 Peter 4:9/ Galatians 6:2/ James 5:16
 - ✓ Who am I **putting up** with?
 - ✓ Who am I **showing hospitality** to?
 - ✓ Whose **burdens** am I **bearing**?
 - ✓ Who am I **confessing my sins** to?
- 3 If no one **knows me** – no one will **help me**.
Proverbs 27:17/ Proverbs 12:1
 - ✓ We all need **support** and **accountability**.

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 - ✓ Who am I " _____ " with?
 - ✓ Who am I _____ to?
 - ✓ Whose _____ am I _____ ?
 - ✓ Who am I _____ to?
- 3 If no one _____ – no one will _____.
Proverbs 27:17/ Proverbs 12:1
 - ✓ We all need _____ and _____.

Food for Thought

For the week of January 6, 2008
(Questions and Scriptures for further study)

1. This weekend Larry mentioned that there are over 30 "one another" commands in the New Testament that are hard or nearly impossible to fulfill in a large group setting or by yourself. Here are a few of them. After reading each verse below, identify the "one another" command in each one.

John 13:34-35	Ephesians 4:32
Romans 12:10	Ephesians 5:21
Romans 12:16	Colossians 3:9
Romans 14:13	1 Thessalonians 5:15
Romans 15:7	Hebrews 3:13
Romans 15:14	Hebrews 10:24
Colossians 3:16	Hebrews 10:25
1 Corinthians 12:25	James 4:11
Galatians 5:13	James 5:16

2. These "one another" commands are best carried out within the framework of a church or group that is small enough for close and accountable relationships. Are there any steps you need to take to develop these kinds of relationships in your own life? Is joining a Growth Group a good step for you?

3. This weekend we saw that one of the key ingredients for spiritual growth is the Holy Spirit. A potential hindrance to His power and motivation working in our lives is the sinful and self-centered nature we are all born with. Galatians 5:16-26 describes the conflict between the two.

What contrasting behaviors characterize the Spirit and the sinful nature? How do these behaviors correspond to the "one anothers" listed above?

What does this passage say about what the believer's responsibility is for living in the Spirit?