

# What I Can Do

I Can...Grow & Mature Spiritually



# Why Do I Need To Do This?

- **The Expectation of Every Disciple**

- *“You Ought...”*

**HEBREWS 5:12**

- *“You Are Still...”*

**1<sup>ST</sup> CORINTHIANS 3:1-3**

- *“...No Longer Children...”*

**1<sup>ST</sup> COR. 14:20; EPH. 4:14, 15**



# Why Do I Need To Do This?

- **The Need of Every Disciple**

- *We Have An Enemy We Must Resist*

**1<sup>ST</sup> PETER 5:8, 9**

- *We All Face Trials We Must Endure*

**2<sup>ND</sup> TIM. 3:12; 1<sup>ST</sup> PET. 4:12**

- *We All Must Teach the Lost*

**2<sup>ND</sup> TIMOTHY 2:24**



# What Hinders Me From Doing This?

- **Lack of Desire**

- *Failure to See the Value*

**MAL. 1:13; MATT. 5:8; PSA. 119:127;**

**JAS. 1:14**

- *No Desire Results in No Plan*

**2<sup>ND</sup> TIMOTHY 1:8-10**





# What Hinders Me From Doing This?

- **Lack of Exercise**
  - *Failure to See the Value*
  - *No Exercise Results in Weakness*

**HEBREWS 5:14**



# What Hinders Me From Doing This?

- **Lack of Nourishment**

- *Failure To See the Value of Proper/Regular Nourishment*

**EZEK. 33:30-32; PSA. 119:103**

- *Poor Nourishment Results in Weakness*

**PSA. 119:25, 28, 40; 19:7;**

**1<sup>ST</sup> COR. 10:13**



# What Hinders Me From Doing This?

- **Lack of Accountability**

- *Isolated And With No 'Help'*

**ECCLESIASTES 4:9-12**

- *Not Motivated, Not Exhorted, Not Reminded*

**HEB. 10:24; PHLP. 2:3, 4**



# How Can I Do This?

- **Re-Evaluate My Desires**

- *What Do I Want Most of All?*

**MATT. 6:21; PSA. 63:1**

- *Do I Love the Lord As I Should?*

**MATTHEW 22:37**



# How Can I Do This?

- **Create a Spiritual Fitness Plan**
  - *Know My Weakness, Work On That*

**JAS. 1:14; 1<sup>ST</sup> TIM. 4:7; HEB. 5:14;**

**PSA. 97:10**

- *Work the Plan*

**JAMES 1:22**



# How Can I Do This?

- **Get Into God's Word More Often**
  - *Make It A Regular Part of My Life*

**ACTS 17:11; EPH. 5:17**

- *Get To The 'Meat' More Often*

**1<sup>ST</sup> COR. 3:1, 2; HEB. 5:13, 14;**

**1<sup>ST</sup> PET. 2:2**



# How Can I Do This?

- **Be More Open To My Spiritual Family**
  - *Let My Needs/Shortcomings Be Known*

**HEBREWS 13:17**

- *Work Together To Achieve Goals*

**GALATIANS 6:1**

