

Earlier this year, several Pastors were meeting to discuss how the church was handling the pandemic & the effect it was having on the spiritual condition of the church.

There was great concern about a pandemic-like virus that is stunting the “Spiritual Growth” of believers all around the world.

A story was then shared about an individual who had joined a gym.

After visiting the workout area, impressed by all the fancy equipment & being inspired by all the people who were hard at work performing various exercises - he signed up on the spot.

He was handed a membership card & was told that the gym was open 24 hours a day, 7 days a week.

He did not have to call ahead to schedule a time to work out, he could just show up anytime he wanted.

He was encouraged to drink plenty of water, given a list of healthy foods to eat, as well as a list of foods that he needed to avoid.

A year later, when the gym owner called to secure his membership renewal – he declined.

He explained that the gym was not benefiting him & that he would not be renewing his membership.

The gym owner asked the man, “How many times have you come & worked out this past year?”

“Every week for the first couple of months.”, the man replied.

“Well, are you drinking plenty of water?” the gym owner asked.

“No, not particularly. I don’t really like water.”, said the man.

“Are you following the diet plan? Eating healthy & staying away from junk food?”, asked the gym owner.

“I’ve tried to do that here and there, but none of it really appeals to me.”, the man replied.

And so it is in the life of many believers – who are not benefiting from the local New Testament church.

Many get excited about being a part of something new for the first few months, but then aren’t interested in putting in the work it takes to become a soldier in the Army of GOD.

Becoming a Christian & not growing, is the same as getting married – then never getting to know your spouse.

Never going home, never celebrating your anniversary, never celebrating Valentine’s Day.



Just as a soldier in the military must grow & a successful marriage must grow – it is imperative that we as believers experience & exhibit “Spiritual Growth” as well.

2 Peter 3:18 - But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

If RPBC is going to be the Bride of Christ & the church that GOD intends for us to be for this community, we will need to focus on “Spiritual Growth”.

Mark 4:1-20

The “Spiritual Growth” of the church – or an individual will be determined by what one has done with the Word of GOD that is sown into one’s heart.

1. ARE YOU DRINKING PLENTY OF WATER

- † **John 4:7** - There cometh a woman of Samaria to draw water: Jesus saith unto her, **Give me to drink.**
- † **John 4:8** - (For his disciples were gone away unto the city to buy meat.)
- † **John 4:9** - Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.
- † **John 4:10** - Jesus answered and said unto her, **If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.**
- † **John 4:11** - The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?
- † **John 4:12** - Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?
- † **John 4:13** - Jesus answered and said unto her, **Whosoever drinketh of this water shall thirst again:**
- † **John 4:14** - **But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.**
- † **John 4:15** - The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.

JESUS is the Living Water – Drink up!



2. ARE YOU EATING RIGHT

- † **John 6:32** - Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.
- † **John 6:33** - For the bread of God is he which cometh down from heaven, and giveth life unto the world.
- † **John 6:34** - Then said they unto him, Lord, evermore give us this bread.
- † **John 6:35** - And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

Stay away from junk food & feast on the Mana from Heaven.

3. ARE YOU EXERCISING

- † **1 Timothy 4:6** - If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.
- † **1 Timothy 4:7** - But refuse profane and old wives' fables, and exercise thyself *rather* unto godliness.
- † **1 Timothy 4:8** - For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Put GOD's word into action & benefit from a healthy spirit.

4. ARE YOU GETTING ENOUGH REST

- † **Exodus 33:14** - And he said, My presence shall go [with thee], and I will give thee rest.
- † **Matthew 11:28** - Come unto me, all [ye] that labour and are heavy laden, and I will give you rest.
- † **Matthew 11:29** - Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.
- † **Matthew 11:30** - For my yoke [is] easy, and my burden is light.

Resting your mind, body & soul will help you achieve "Spiritual Growth".

To be spiritually fit, we have to follow GOD's plan & not our own.

GOD has already completed the toughest part – now we must do our part.

Let's get in spiritual shape & be ready to experience "Spiritual Growth".

