

## The Three Pillars of Spiritual Growth

By: Jerome Trinidad

Text: Ecclesiastes 4:11 Again, if two lie together, then they have heat: but how can one be warm alone? 12 And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

### 1.) **Spiritual Diet** - The \_\_\_\_\_ of God

Matthew 4:1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred. 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

#### 5 Ways to Administer our Spiritual Diet:

a.) Hear - Romans 10:17 So then faith cometh by \_\_\_\_\_ and hearing \_\_ the word of God

b.) Read - Joshua 1:8 This book of the law shall not \_\_\_\_\_ out of thy \_\_\_\_\_; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good \_\_\_\_\_.

c.) Memorize - Ps. 119:11

d.) Study - 2 Tim. 2:15

e.) \_\_\_\_\_ - Ps.1:1-2 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he \_\_\_\_\_ day and night.

2.) **Spiritual Exercise** - Even trials and testings of our life, as we call sometimes our travails, were given for us to exercise our faith in Jesus. Ecc. 2:10-11 I have seen the \_\_\_\_\_, which God hath given to the sons of men to be exercised in it. He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.

#### Two ways we can exercise our faith:

a.) Practicing our faith 1 Corinthians 9:25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

b.) Applying God's Word - James 1:21-24 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

3.) **Spiritual Rest** - Matt. 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you **rest**. 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. 30 For my **yoke is easy**, and my **burden is light**.

#### There are two kinds of spiritual rest:

a.) One that is found in the presence of God and in Holy Ghost baptism - Isaiah 28:11-12, Joel 2:28, Acts 2, Acts 8, Acts 10, Acts 19

b.) **Second is found in soul winning and taking God's burden upon our life.** Matthew 11:28-30

#### Conclusion:

This is why fellowship or the assembling of ourselves together is so very important. Heb.10:-25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Because in fellowship we can find God's presence when we gather together as the Body of Jesus Christ and when we are being fed and nurtured to fulfill our calling to be a witness.