

Spiritual Growth



Christian Principles for Kids

Just as we must eat, breathe, and exercise in order to grow physically, there are three essentials to spiritual growth.

1. We grow by eating. Reading and studying God's Word and other edifying material is food for our souls and essential to spiritual growth and life. "The words I have spoken to you are spirit and life." (John 6:63) "When I discovered your words, I devoured them. They are my joy and my heart's delight." (Jeremiah 15:16)



2. We grow by breathing. Prayer has been called the breath of the soul. 1

Thessalonians 5:17 tells us to “pray without ceasing,” and Romans 12:12 to “keep on praying.”



3. We grow by exercising. We exercise by actively following in Jesus' footsteps, doing what we can to help the needy, relieve the burdened, and encourage the downhearted. Most of all, like John the Baptist, we can point others to "the Lamb of God who takes away the sin of the world!" (John 1:19)



The apostle Paul often compared the Christian life to a race. He said, “Since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith.” (Hebrews 12:1–2)



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