

Title: Strength in the Lord — The Goal of Spiritual Maturity

Introduction

There are two kinds of people in the church:

1. **Those willing to mature spiritually**
2. **Those who are eager to help others mature spiritually**

Galatians 4:19 “...Until Christ is formed in you.”

This is the essence of maturity: **Christ formed in us** (Galatians 4:19).

Spiritual maturity is not measured by how long we've attended church but by how deeply Christ is formed in us and how willing we are to help others grow.

Goal: Strength in the Lord — *“Be strong in the grace that is in Christ Jesus”* (2 Timothy 2:1)

How much time are you spending your time in the Lord and his word will determine your spiritual maturity

Illustration: David's Example in Crisis (1 Samuel 30:6)

- When David faced deep distress, he **strengthened himself in the Lord**.
- He returned to the place of **worship and prayer**.
- Through communion with God, he received direction and strength.
- His heart became aligned with God's heart — showing **mercy and generosity** even to those who stayed behind (v. 23–24).

When we strengthen ourselves in the Lord, **He perfects our hearts** so we can live out **His heart for others**.

John 17:23 — “I in them and You in Me... that they may be made **perfect** in one.”

How Do We Spiritually Mature in the Lord?

1 Corinthians 6:17 — “He who is joined to the Lord becomes one spirit with Him.”

- Becoming one with the Lord is **spiritual union**, like the **oneness between a husband and wife**.

- True maturity happens when we allow the **Lord to live in us**, not just bless us from the outside.
- Many Christians invite God into their lives but don't give Him **lordship** — they want God on their terms (religion) instead of a **relationship**.

Psalm 138:2 He magnified his word above his name

1. The Heart of Discipleship

- Discipleship emphasizes **spiritual maturity**, not mere **participation or church membership**.
 - Paul's charge to Timothy — "*Be strong in the Lord*" — calls for growth in **faith, character, and resilience**.
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3. Practical Ways to Grow Spiritually

1. **Cultivate Time with the Lord** — consistent prayer and devotion.
 2. **Hear His Voice** — sensitivity to the Holy Spirit's leading.
 3. **Study His Word** — follow a Bible reading plan. (Ephesians 5:26)
 4. **Fellowship Regularly** — stay connected to the body of Christ.
 5. **Invest in Others** — speak life and truth into others' journeys.
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4. How Do We Mentor Others to Mature Spiritually?

Confidence Through Observation

Effective mentorship requires **discernment and observation**.

- Paul trusted Timothy because he observed:
 - **Attentiveness** — He paid attention to teaching.
 - **Responsiveness** — He acted on what he learned.
 - **Faithfulness** — He remained steadfast in the work.

1 Timothy 1:18 — Paul reminded Timothy of the *prophecies once spoken over him* as guidance in battle.

Practical Mentoring Steps

Ask the Holy Spirit for discernment — who is willing to grow with you?

1. Are they **attentive** to your mentorship or doing their own thing?
2. Are they **responding** to the Lord's call in their life?
3. Are they **faithful** to their assignments?

1 Corinthians 4:17 — Paul trusted Timothy to teach the same truth.

Philippians 2: 19 - 22 — Paul said, "I have no one else like him... he has proved himself."

2 Timothy 2:2 — "What you have heard from me... entrust to faithful men who will teach others also."

6. Ministry Application: Relational Discipleship

1 Corinthians 11:1 "imitate me as I can also imitate Christ."

There are **fathers and mothers**, and **sons and daughters** in this room.
Join hands and pray:

"Lord, anoint me to grow in spiritual maturity, and to help others mature in You."

7. Reflection

- Who truly invested in your heart, not just your role?
Who knew you deeply, walked with you through valleys, and helped you see God's calling?
- If you haven't found such a leader, **become one**.