

**New Year's Message 2019**  
**A Year of Spiritual Growth**  
**"Four Ingredients of Spiritual Growth"**  
**Ephesians 4:1-13 (ESV)**  
**January 6, 2019**

**Ephesians 4:1-13 (ESV)**—4 – <sup>1</sup>I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>eager to maintain **the unity of the Spirit in the bond of peace**. <sup>4</sup>There is one body and one Spirit—just as you were called to the one hope that belongs to your call— <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is over all and through all and in all. <sup>7</sup>But grace was given to each one of us according to the measure of Christ's gift. <sup>8</sup>Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." <sup>9</sup>(In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? <sup>10</sup>He who descended is the one who also ascended far above all the heavens, that he might fill all things.) <sup>11</sup>And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, <sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>until we all attain to **the unity of the faith** and of the knowledge of the Son of God, to **mature manhood**, to the measure of the stature of the fullness of Christ,

**Four Ingredients of Spiritual Growth**

**1. KNOWLEDGE of the Word of God.**

- What do I **ALREADY** know?
- What do I **NEED** to know?

Knowledge of the W.O.R.D.

- **W**onder about the passage
- **O**bserve it
- **R**eflect on it
- **D**o it

- Genesis 24:63, Joshua 1:8, Philippians 4:8
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**2. PERSPECTIVE of the Word of God.**

- Hebrews 5:14, Ephesians 2:14–16
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**3. SKILL with the Word of God.**

- James 1:22
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**4. CONVICTION because of the word of God.**

- 1 Peter 2:5
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