**Putting On Muscle – The Pursuit of Growth**

**Lesson 1**

**Sunday, March 13, 2022**

**Lead Pastor Tim Seay**

### HERE’S THE BIG IDEA

### In part one of this series Lead Pastor shared the role diligence, faith and moral excellence play in the pursuit of growing and strengthening our spiritual muscles

### KEY SCRIPTURES (NASB)

### 2 Peter 1:1-5 and Hebrews 11:6

**FOOD FOR THOUGHT**

**Studies have shown that fat and muscle can weigh the same, however their makeup is different.**

* **Fat - a pound of fat is bulky and fluffy**
* **Muscle – a pound of muscle is hard and dense**

**From a spiritual perspective are you bulky and fluffy or hard and dense? Explain**

**LET’S TALK ABOUT IT!**

### The Pursuit of Growth

### Diligence – making every effort to do what we can from our side, while being intentional and invested

### Faith – believing what God says about Himself, us and understanding faith is inseparable from trust

### Moral Excellence – Being completely absorbed and yielded to God

### Q: Share how you have grown spiritually in the areas listed above. Explain

### LIVE IT!

### God has given each of us divine power in the form of spiritual muscles to help us advance and live this Christian life. However, we must ask ourselves a question. Are we doing all we can to promote the growth of our spiritual muscles or are we allowing them to waste away due to inactivity? Today and going forward, utilize diligence, faith and moral excellence as spiritual weights in the pursuit of growing, developing and maintaining our spiritual muscles, in Jesus name…Amen!