

# Message Notes

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## INGREDIENTS OF GROWTH

### INTRODUCTION

*“Fear not, for I have redeemed you; I have called you by name, you are mine.”*  
(Isaiah 43:1)

Growth is natural... and expected!

*“Spiritual growth is not only about coming back into a relationship with God and each other, and about pursuing a pure life, but it is also about coming back to life – the life that God created for people to live.”* (How People Grow, Cloud and Townsend)

### THE INGREDIENTS TO GROWTH: GRACE, TRUTH AND TIME

*“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.”*  
(John 1:14)

### GRACE

What is grace?

Do you have community/relationships that are going to be there with help and support regardless of how you are doing?

### TRUTH

What is truth?

*“The Lord commanded us to obey all these decrees and to fear the Lord our God, so that we might always prosper and be kept alive, as is the case today.”* (Deut. 6:24)

*“I will never forget your precepts, for by them you have preserved my life.”*  
(Ps. 119:93)

### OUR TRUTH

*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* (Ps.139:23, 24) (Also 1 John 1:9 and James 5:16)

### TIME

There are no shortcuts to spiritual growth!

*“Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me”* (Phil. 3:12).

### GETTING IT TOGETHER

Whatever method of community you choose, make sure that you are getting the realities of God's grace, truth and time.

Grace + Truth + Time = Growth