



**TEACHER: BETH SEIFERT**

**ONAOMI'S TABLE 2016**

**Day 10: Ephesians 4:11-16 Grow Up**

**Read Hebrews 5:11-6:1.** What does the writer of Hebrews say the listeners have become? What does he say they should be? Describe those who are mature. What does the writer urge them to go on to?

**Read Philippians 3:12-16.** What goal does Paul have? How does he describe the work to achieve this goal? Who should think that way also? What does that tell you about the agreement that will exist between true believers?

**Read 2 Peter 3:14-18.** What should our diligence be aimed at? What does Peter caution us in our dealing with Scripture? What does Peter exhort us to grow in?

**Read Romans 5:1-5.** What has our justification gained us? What do we have through faith? Why does Paul tell us we should rejoice in our suffering? Does this imply a long term process or a short term process? What should be produced in us as a result of our suffering?

As you spend time with God today, consider how you are growing in Christ. What would your “growth chart” look like at this point? Have you plateaued? Are you satisfied with where you are at? Remember, we, as believers, should never think we “have arrived”, but should continue to strive for the goal we have, with endurance for the race we are running.

Ask God to help you to grow, to stretch your spiritual muscles and not to be satisfied being a spiritual couch potato. Ask Him to help you to desire to spend time in His Word, to seek Him in everything, and to have wisdom to discern truth from falsehood. Ask Him to help you to be content and joyful in the role that you have in the body and not long for a different role. Ask Him to help you to rely on Him to speak loving truth into the lives of those around you, for His glory, not your own.