

Essentials for Spiritual Growth

By Brian Anderson

Essentials for Spiritual Growth

■ The New Birth

Jn 3:1-7, 1 Pet. 1:23, 1 Cor. 4:15,
Js 1:18, 2 Thes 2:14, Matt. 11:28,
Rev 22:17

Essentials for Spiritual Growth

- Spiritual Food

Matt. 4:4, 1 Pet. 2:2, Heb. 5:12-14,
Matt. 5:6, Acts 17:11

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- Regular Exercise

1 Tim. 4:7-8, Heb. 5:14, Gal. 6:10,
Matt. 5:16, Js 1:27, Phil. 4:8,
1 Tim. 4:15, Acts 9:36

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- A Good Environment

1 Cor. 15:33, Prov. 4:14, Prov. 13:20

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- The Proper Weight

Dan. 5:27, 1 Sam. 2:3, Prov. 16:2,
2 Pet. 1:6-9

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- Freedom From Disease

Is. 59:1-2, Rom. 6:23, Js. 1:14-15,
Heb. 12:1-2

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- The Right Temp.

Rev. 3:14-16, Titus 2:14

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- Frequent Examinations

1 Tim. 4:16, 2 Cor. 13:5,
1 Cor. 11:28, 2 Tim. 3:16-17

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