

2 Peter 3:18 But **grow** in grace, and [in] the knowledge of our Lord and Saviour Jesus Christ. To him [be] glory both now and for ever. Amen.

Ephesians 4:15 But speaking the truth in love, may **grow up** into him in all things, which is the head, [even] Christ: 16) From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

## I. The Word-

A. **Read and study**-Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

B. **Meditate-Psalm 1:2** But his delight [is] in the law of the LORD; and in his law doth he meditate day and night.

Joshua 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

1 Timothy 4:15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

C. **Practice**- 1 Timothy 4:7 But refuse profane and old wives' fables, and exercise thyself [rather] unto godliness.

Hebrews 5:14 But strong meat belongeth to them that are of full age, [even] those who by reason of use have their senses exercised to discern both good and evil.

D. **Read good literature**-2 Timothy 4:13 The cloke that I left at Troas with Carpus, when thou comest, bring [with thee], and the **books**, [but] especially the **parchments**.

II. **Good companionship**-Proverbs 13:20 He that walketh with wise [men] shall be wise: but a companion of fools shall be destroyed.

Proverbs 27:17 Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

1 Corinthians 15:33 Be not deceived: evil communications corrupt good manners.

## III. Prayer-

IV. **Suffering and trials**- 1 Peter 1:7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

James 1:2 My brethren, count it all joy when ye fall into divers temptations;

James 1:3 Knowing [this], that the trying of your faith worketh patience.

V.**Service to others**-Matthew 20:28 Even as the Son of man came not to be ministered unto, but to

minister, and to give his life a ransom for many.

Galatians 5:13 For, brethren, ye have been called unto liberty; only [use] not liberty for an occasion to the flesh, but by love serve one another.