

# PRESSING IN

November 27, 2022

Pastor Rick Reager

## I. THE TRUTH ABOUT MY SPIRITUAL GROWTH

### 1. THERE IS A STRONG CORRELATION BETWEEN \_\_\_\_\_ &

*“<sup>24</sup> Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” 1 Corinthians 9:24-27*

*“<sup>3</sup> And we can be sure that we know him if we obey his commandments. <sup>4</sup> If someone claims, “I know God,” but doesn’t obey God’s commandments, that person is a liar and is not living in the truth. <sup>5</sup> But those who obey God’s word truly show how completely they love him. That is how we know we are living in him. <sup>6</sup> Those who say they live in God should live their lives as Jesus did.” 1 John 2:3-6*

**Key Concept: This Is Called \_\_\_\_\_**

*“<sup>1</sup> Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.” 2 Corinthians 7:1*

*“<sup>13</sup> For God is working in you, giving you the desire and the power to do what pleases him.”  
Philippians 2:13*

## II. HOW CAN I ENSURE I AM ON THE RIGHT PATH?

### 1. I MUST DEVOTE MYSELF TO \_\_\_\_\_

*“<sup>7</sup> Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly.*

*<sup>8</sup> “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” 1 Timothy 4:7*

*“<sup>24</sup> Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” 1 Corinthians 9:24-27*

### WHY?

**i. Spiritual Growth Not Only Proves My Relationship But \_\_\_\_\_**

**ii. Spiritual Growth Promotes \_\_\_\_\_**

**iii. Spiritual Growth Gives Me The Ability To \_\_\_\_\_**

**iv. Spiritual Growth \_\_\_\_\_**

v. Spiritual Growth Allows God To \_\_\_\_\_

vi. Because Growth Is \_\_\_\_\_

### III. HOW CAN I PRESS IN & GROW SPIRITUALLY?

#### 1. DEVOTE MYSELF TO \_\_\_\_\_

*“<sup>16</sup> All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” 2 Timothy 3:16*

##### **Key: I Must** \_\_\_\_\_

*“<sup>22</sup> But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. <sup>23</sup> For if you listen to the word and don't obey, it is like glancing at your face in a mirror. <sup>24</sup> You see yourself, walk away, and forget what you look like. <sup>25</sup> But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.” James 1:22-25*

#### 2. DEVOTE MYSELF TO REGULARLY \_\_\_\_\_

*“<sup>3</sup> We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.” 1 John 1:3*

#### HOW?

##### i. \_\_\_\_\_

*“<sup>2</sup> Devote yourselves to prayer with an alert mind and a thankful heart.” Colossians 4:2*

*“<sup>42</sup> All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer.” Acts 2:42*

##### ii. \_\_\_\_\_

*“<sup>1</sup> Shout with joy to the LORD, all the earth! <sup>2</sup> Worship the LORD with gladness. Come before him, singing with joy. <sup>3</sup> Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture. <sup>4</sup> Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. <sup>5</sup> For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation.” Psalm 100:1-5*

*“<sup>46</sup> They worshiped together at the Temple each day, met in homes for the Lord's Supper” Acts 2:46*

##### iii. \_\_\_\_\_

*“<sup>16</sup> “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18*

*“<sup>2</sup> One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” <sup>3</sup> So after more fasting and prayer, the men laid their hands on them and sent them on their way.” Acts 13:2-3*

**KEY:** \_\_\_\_\_

*“<sup>13</sup> If you look for me wholeheartedly, you will find me.” Jeremiah 29:13*

**3. DEVOTE MYSELF TO REGULARLY CONNECTING INTIMATELY WITH \_\_\_\_\_**

*“<sup>25</sup> And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:25*

**KEY: OUR RELATIONSHIPS MUST INCREASE OUR \_\_\_\_\_ &**

**PROVIDE \_\_\_\_\_**

*“<sup>1</sup> Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. <sup>2</sup> Share each other’s burdens, and in this way obey the law of Christ. <sup>3</sup> If you think you are too important to help someone, you are only fooling yourself. You are not that important.” Galatians 6:1-3*

**4. DEVOTE MYSELF TO ACTIVELY ENGAGING IN \_\_\_\_\_,**

**INCLUDING \_\_\_\_\_ & \_\_\_\_\_**

*“<sup>23</sup> Are they servants of Christ? I know I sound like a madman, but I have served him far more! I have worked harder, been put in prison more often, been whipped times without number, and faced death again and again. <sup>24</sup> Five different times the Jewish leaders gave me thirty-nine lashes. <sup>25</sup> Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I spent a whole night and a day adrift at sea. <sup>26</sup> I have traveled on many long journeys. I have faced danger from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the seas. And I have faced danger from men who claim to be believers but are not. <sup>27</sup> I have worked hard and long, enduring many sleepless nights. I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm. <sup>28</sup> Then, besides all this, I have the daily burden of my concern for all the churches.” 2 Corinthians 11:23-28*

*“<sup>10</sup> How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn’t have the chance to help me. <sup>11</sup> Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength. <sup>14</sup> Even so, you have done well to share with me in my present difficulty.” Philippians 4:10-13*

**5. DEVOTE MYSELF TO CONDUCTING REGULAR \_\_\_\_\_**

*“<sup>3</sup> Because of the privilege and authority God has given me, I give each of you this warning: Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.” Romans 12:3*

*“<sup>5</sup> Examine yourselves to see if your faith is genuine. Test yourselves.” 2 Corinthians 13:5*

**WHAT SHOULD I LOOK FOR?**

**MY MEASURE OF:**

**i. \_\_\_\_\_**

*“<sup>3</sup> And we can be sure that we know him if we obey his commandments. <sup>4</sup> If someone claims, “I know*

God,” but doesn’t obey God’s commandments, that person is a liar and is not living in the truth. <sup>5</sup>But those who obey God’s word truly show how completely they love him. That is how we know we are living in him. <sup>6</sup>Those who say they live in God should live their lives as Jesus did.” 1 John 2:3-6

**ii.** \_\_\_\_\_

“<sup>37</sup> You must love the LORD your God with all your heart, all your soul, and all your mind.’ <sup>38</sup> This is the first and greatest commandment.” Matthew 22:37-38

“<sup>37</sup> If you love your father or mother more than you love me, you are not worthy of being mine; or if you love your son or daughter more than me, you are not worthy of being mine.” Matthew 10:37

“<sup>26</sup> If you want to be my disciple, you must, by comparison, hate everyone else—your father and mother, wife and children, brothers and sisters—yes, even your own life. Otherwise, you cannot be my disciple.” Luke 14:26

**iii.** \_\_\_\_\_

“<sup>36</sup> “Teacher, which is the most important commandment in the law of Moses?” <sup>37</sup> Jesus replied, “‘You must love the LORD your God with all your heart, all your soul, and all your mind.’ <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> A second is equally important: ‘Love your neighbor as yourself.’ <sup>40</sup> The entire law and all the demands of the prophets are based on these two commandments.” Matthew 22:36-40

“<sup>7</sup> Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. <sup>8</sup> But anyone who does not love does not know God, for God is love.” 1 John 4:7-8

“<sup>43</sup> “You have heard the law that says, ‘Love your neighbor’ and hate your enemy. <sup>44</sup> But I say, love your enemies! Pray for those who persecute you! <sup>45</sup> In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. <sup>46</sup> If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. <sup>47</sup> If you are kind only to your friends, how are you different from anyone else? Even pagans do that.” Matthew 5:43-47

**iv.** \_\_\_\_\_

“<sup>3</sup> ... Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.” Romans 12:3

**v.** \_\_\_\_\_

“<sup>22</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things!” Galatians 5:22:23

**vi.** \_\_\_\_\_

“<sup>5</sup> Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. <sup>6</sup> Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. <sup>7</sup> But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! <sup>8</sup> When you produce much fruit, you are my true disciples. This brings great glory to my Father.” John 15:5-8