



“SPIRITUAL GROWTH IS A MUST” PT 4

Physical growth requires proper nutrition and adequate exercise, same goes for spiritual growth. It is not enough to feed on ‘spiritual manna’, spiritual exercise is a must. Not just spiritual exercise but enough and adequate spiritual exercise.



Prayer is a known scriptural exercise that facilitates spiritual growth. A praying believer is a growing believer. Please take note of this; spiritual babies pray when they have needs; they pray intensely when they are desperate to have the needs met.

However, sons pray and even intensely because they are commanded to pray; sons pray kingdom advancement prayer because that is the mother of all prayers as commanded by Jesus Christ (Matthew 6:9-10).

The Bible says:

“Pray without ceasing” – I Thessalonians 5:17

If you don’t want to faint, pray! Luke 18:1

If you don’t want to fail, pray! Luke 22:32

If you don’t want to fall, pray! Matthew 26:41

Scriptures for meditation: Matthew 7:7-8; John 16:24

Jesus is Lord!