**Healthy Church Series**

**Topic: Creations, Children, Sons, Servants and Friends of God (Part 3)**

**Text: *Heb 5:12-14,* Heb 6:1-12*, Gal 4:4-8***

**Introduction:**

Last week, we talked about our first level of relationship in God’s kingdom which is being God’s children. We saw that once we accept the evidence of love of God in Christ Jesus, we are automatically adopted into God’s family Rom 8:14-17. We also concluded that, just as in the physical, children of God need to grow into maturity till they become sons/daughters of God. While becoming children of God comes on a platter of gold of death and resurrection of our Lord Jesus Christ, becoming sons and daughters requires lots of individual effort. Today, we will consider the growth ingredients and attributes of matured sons and daughters of God.

**Ingredients of Growth to Maturity:**

In discussing the ingredients of growth to spiritual maturity, we will draw some parallels to the physical world. The two main ingredients of growth are food and exercise. The dynamic of food and exercise is so important that when one is lacking, our growth is either stunted or lead to obesity. This is also true of our spiritual growth, we don’t want to be spiritually stunted or obese.

What are spiritual foods?

* Studying the word of God – John 17:17, Josh 1:8, Heb 4:12-13, Ps 119:105, Ps 119: 9
* Teachings from pastor – Rom 10:14
* Receiving revelations and prophesies – Rev 19:10, Mat 10: 41-42

What about spiritual exercise? Heb 5: 14 says “But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

* Working out salvation of one’s soul – Phil 2:12
* Prayer and fasting – Mat 17:21, Mark 9:29
* Crucifying the flesh daily – Gal 5:24, 1Cor 9:27
* Put interest in spiritual things – Col 3:2, Rom 8:5
* Taking responsibility in God’s kingdom (Join the work force) – Mat 6:21, Luke 12:33-36, Rom 12:11
* Not forsaking the assembly of the brethren – Heb 10:25
* Enduring pains and trials –1Pet 4:12-13
* Resisting all appearance of sin – 1 Thess 5:22
* Exercising spiritual authority – Mark 16: 17-18

It is worth noting that the more we eat, the harder we can exercise and the more we exercise, the stronger the kind of food we can eat. That’s the kind of dynamics we need to keep experiencing perpetually.

**Attributes of God’s sons and daughters:**

* They listen to and hear from God clearly in everything – *Rom 8:14-17*

One main attribute of the sons of God is that they are led by the spirit of God. Haven learned to consider all things spiritually (1 Cor 2:15), they easily seek God’s face and able to hear him in whatever ways he chooses to speak with them.

* They nurture one another and body of Christ unto perfection – 2 Cor 10:12, Eph 4:11-12

Mature sons and daughters do not compare themselves to themselves but rather work together until they are all perfected in God and radiate His glory.

* Son and daughters of God are His kingdom builders – *Mat 6:25-34*

Sons and daughters of God would go about kingdom matter with spiritual understanding. They don’t mind exhausting all they have (time and properties) for the expansion of the kingdom. They know that their father would supply all their needs, so they keep the kingdom first.

* They carry signs and wonders wherever they go *–* Mark 16: 17-20

They embody grace, judgment and the glory of God; therefore, signs and wonders follows them. They don’t seek signs and wonder, they only seek out their father’s kingdom wherever they are.

**Conclusion:**

From our study, the responsibilities on the shoulders of sons and daughters are heavy but they are much lighter with the grace of their heavenly father. We all know that adulthood is challenging, but we cannot afford the alternative of not maturing in Christ Jesus because we would be wasting the power of the cross and the grace of God.