

Growing as a Christian

Complexity Bias

Complexity bias is a tendency to favor complicated solutions over simpler ones, often leading us to overlook effective basic approaches.

Health: People often get caught up in the latest diet trends, focusing on complex meal plans while neglecting the benefits of simply eating more fruits and vegetables.

Finance: Individuals may obsess over minor charges on their bills, such as subscription services, while ignoring larger expenses like dining out frequently.

Fitness: Many create elaborate workout schedules that are hard to maintain, instead of just committing to walking or jogging regularly.

Problem Solving: In work or personal projects, the desire to analyze every detail can prevent timely action, while taking simple steps can lead to quicker resolutions.

This same principle of complexity bias is true in the Christian life. We focus on the complex doctrines or the fad doctrines and neglect the simple.

Robert Fulghum had a best selling book entitled, “All I Really Need to Know I Learned in Kindergarten.”

I would say “All I really need to know I learned in Sunday School”

You and I need to GROW. There are some basic disciplines that we can practice that will bring about growth.

1 Samuel 2:26

26 And the boy Samuel continued to **grow** in stature and in favor with the LORD and with people.

Hebrews 6:1

1 Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith

in God,

1 Peter 2:2-3

2 Like newborn babies, crave pure spiritual milk, so that by it you may **grow** up in your salvation, 3 now that you have tasted that the Lord is good.

Colossians 1:9-10

9 For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,

10 so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, **growing** in the knowledge of God,

Psalms 92:12-14

12 The righteous will flourish like a palm tree, they will **grow** like a cedar of Lebanon;
13 planted in the house of the LORD,
they will flourish in the courts of our God. 14 They will still bear fruit in old

age,
they will stay fresh and green,

Ephesians 4:11-16

11 So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers,
12 to equip his people for works of service, so that the body of Christ may be built up

13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

15 Instead, speaking the truth in love, we will **grow** to become in every respect the mature body of him who is the head, that is, Christ.

16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

To grow as a Christian we need to:

G - Go to God in prayer

Any concern too small to be turned into a prayer is too small to be made into a burden. — Corrie Ten Boom

Work as if you were to live a hundred years, pray as if you were to die tomorrow. — Benjamin Franklin

If your day is hemmed in with prayer, it is less likely to come unraveled. — Cynthia Lewis

Mark 1:35

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Ephesians 6:18

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Luke 18:1

1 Then Jesus told his disciples a parable to show them that they should always pray and not give up.

1 Timothy 2:8

8 Therefore I want the men everywhere to pray,
lifting up holy hands without anger or
disputing.

Luke 6:12

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

To grow as a Christian we need to:

R - Read the Bible, God's Word

“Nobody ever outgrows Scripture; the book widens and deepens with our years.” Charles Spurgeon

“The very practice of reading [the Bible] will have a purifying effect upon your mind and heart. Let nothing take the place of this daily exercise.” Billy

Graham

2 Timothy 3:16

16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

Proverbs 30:5

5 “Every word of God is flawless;
he is a shield to those who take refuge in
him.

Psalms 119:30

30 I have chosen the way of
faithfulness; I have set my heart on your
laws.

Psalms 119:1-16

1 Blessed are those whose ways are
blameless, who walk according to the law of
the LORD. 2 Blessed are those who keep his

statutes and seek him with all their heart—

3 they do no wrong

but follow his ways.

4 You have laid down precepts

that are to be fully obeyed.

5 Oh, that my ways were steadfast

in obeying your decrees!

6 Then I would not be put to shame

when I consider all your commands. 7

I will praise you with an upright heart

as I learn your righteous laws.

8 I will obey your decrees;

do not utterly forsake me.

9 How can a young person stay on the path of
purity?

By living according to your word.

10 I seek you with all my heart;

do not let me stray from your

commands. 11 I have hidden your word

in my heart

that I might not sin against you.

12 Praise be to you, LORD;

teach me your decrees.

13 With my lips I recount

all the laws that come from your

mouth. 14 I rejoice in following your statutes

as one rejoices in great riches.

15 I meditate on your precepts and consider your ways.

16 I delight in your decrees; I will not neglect your word.

John 8:32

32 Then you will know the truth, and the truth will set you free.”

John 17:17

17 Sanctify them by the truth; your word is truth.

To grow as a Christian we need to:

O - Obey the Lord, and the leading of His Holy Spirit

You will never go wrong obeying God.
Charles Stanley

Don't worry when you meet opposition for obeying God. Worry when you don't have opposition, because you're probably not obeying God. Craig Groeschel

Healing is not always obtained by saying a prayer. It is obtained by obeying God
John G. Lake

1 Samuel 15:22

22 But Samuel replied:

“Does the LORD delight in burnt offerings and sacrifices

as much as in obeying the LORD?

To obey is better than sacrifice,
and to heed is better than the fat of
rams.

James 1:22

22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

Isaiah 1:19

19 If you are willing and obedient,
you will eat the good things of the land;

Hebrews 13:17

17 Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.

John 14:23

23 Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.

To grow as a Christian we need to:

W - Witness to someone the love and forgiveness you have received from our Lord Jesus Christ

Yes, let God be the Judge. Your job today is to be a witness. - Warren Wiersbe

To call yourself a child of God is one thing. To be called a child of God by those who watch your life is another thing altogether. - Max Lucado

Every day you are witnessing. What are you witnessing to? Your witness is the total package of your attitudes, character, and actions. It does not lie. - Winkie Pratney

Matthew 28:18-20

18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Mark 16:15

15 He said to them, "Go into all the world and preach the gospel to all creation.

1 Peter 3:15

15 But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

Matthew 5:16

16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Acts 1:8

8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

We all have an opportunity to grow into the kind of person God wants us to be, the kind of person that makes a difference in the lives of others.