

SPIRITUAL HYPERTROPHY

Luke 2:52

*52 Jesus **grew** in wisdom and in stature and in favor with God and all the people.*

Jesus knew how to grow his spiritual muscles. We too, are encouraged to know how to grow our spiritual muscles, so that we can be who we were created to be.

HYPERTROPHY - “*The enlargement of an organ or tissue from the increase in size of its cells.*”

Romans 5:3-4

3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation.

1 Timothy 4:8

8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

REST - *Spiritual Hypertrophy*

Your muscles don't grow when you are awake, they grow when you are asleep.

What is our Spiritual Rest?

Matthew 11:28-30

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

Jesus' finished work on the cross is the only place we can truly find our rest.

3 things we can then build on top of that rest:

- *Discipline of solitude*
- *Practice of prayer*
- *Following His leading*

Discipline of Solitude

Mark 6:31

31 Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

Solitude is not loneliness or emptiness, but inner fulfillment. A strength that empowers us to listen to the Spirit’s leading and comfort.

Matthew 14:23

23 After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

Jesus’ ministry was filled with him exercising solitude. He never feared being alone, because in His solitude, He was never alone.

Practicing solitude puts us in a place where we can hear the divine whisper better.

Practice of Prayer

Prayer gives us an opportunity to place all of our cares and worries at the feet of Jesus and into His capable hands.

Philippians 4:6-7

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Prayer empowers us to rest in Christ's healing, provision and guidance.

Following His leading

God will always lead us to a place of peace and restfulness.

Psalm 23

1 The Lord is my shepherd; I have all that I need. 2 He lets me rest in green meadows; he leads me beside peaceful streams. 3 He renews my strength. He guides me along right paths, bringing honor to his name. 4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. 5 You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with

oil. My cup overflows with blessings.6 Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

EXERCISE - *Spiritual Hypertrophy*

Hebrews 6:1

*1 Therefore let us leave the elementary doctrine of Christ and **go on** to maturity, not laying again a foundation of repentance from dead works and of faith toward God.*

If you want to increase your strength you need to move from what is easy, to what is challenging.

Time Under Tension

To grow your muscles, you need to use your muscles, and to use your muscles, you need to put them under tension.

1 Corinthians 9:24-27

24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 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. 26 So I run with purpose in every step. I am not just shadow boxing. 27 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.

We must step out of our comfort zones, to stretch ourselves if we desire to grow. Especially in the areas of our understanding, ability and faith.

Proper Form

If you do not practice proper form, you not only will see a drop in performance, but you also run the risk of injury.

God has given us all our cues for proper form in His word.

Romans 12:2

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Saul did have a heart that wanted to please and honor God, but he often went about it the wrong way.

1 Samuel 13:7-13

...Meanwhile, Saul stayed at Gilgal, and his men were trembling with fear. 8 Saul waited there seven days for Samuel, as Samuel had instructed him earlier, but Samuel still didn't come. Saul realized that his troops were rapidly slipping away. 9 So he demanded, "Bring me the burnt offering and the peace offerings!" And Saul sacrificed the burnt offering himself. 10 Just as Saul was finishing with the burnt offering, Samuel arrived. Saul went out to meet and welcome him, 11 but Samuel said, "What is this you have done?" Saul replied, "I saw my men scattering from me, and you didn't arrive when you said you would, and the Philistines are at Micmash ready for battle. 12 So I said, 'The Philistines are ready to march against us at Gilgal, and I haven't even asked for the Lord's help!' So I felt compelled to offer the burnt offering myself before you came." 13 "How foolish!" Samuel exclaimed. "You have not kept the command the Lord your God gave you. Had you kept it, the Lord would have established your kingdom over Israel forever.

Even if our goal is for the glory of God, it will be in vein

if we do not accomplish that goal God's way.

SERVICE

The most effective spiritual compound exercise is
Service!

1 Peter 4:10

10 God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

Serving brings together every aspect of our christian faith into a single expression. *There is nothing more beautiful than a Christian in service.*

“Life's most persistent and urgent question is: What are you doing for others?”

- Martin Luther King

CONSISTENCY - *Spiritual Hypertrophy*

1 Corinthians 15:58

58 So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.

Growth in maturity and strength will only ever occur so long as we stay consistent with our rest and our exercise.

Galatians 6:9

9 So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Spiritual Hypertrophy is built on:

- A foundation of **REST** in Jesus' finished work
- **EXERCISE** done intentionally, God's way through the act of Service
- **CONSISTENCY**