

meaning “to have worth.” When we worship God, we say how much he is worth to us. We praise him for his greatness and goodness, we thank him for what he gives, we look to him for help, and we show that we want to do what he wants.

Music is an important part of worship, for music helps express our emotions in a way that simple words cannot. Paul described a first-century worship service in these words: “Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God” (Colossians 3:16).

But worship includes much more than music — it includes our entire lives. Scripture urges us “to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship” (Romans 12:1). Every time we pray, we are worshiping God. It shows how much he is worth to us.

Every time we study the Bible, desiring to learn more about God, we are worshiping him. Every time we obey, every time we change our behavior in response to what he says, we are worshiping God. Every time we tell someone else about his love and goodness, we are involved in worship.

Throughout the week, we worship God. So we also worship when we gather as a congregation of believers. Part of our “job description” as a Christian is to praise God (Hebrews 13:15; 1 Peter 2:9). We sing praise to declare how good he is.

God wants us to worship him — and he does this for *our* good, not his own. He does not need flattery or ego stroking. Rather, he wants us to praise and worship him for our good. This is one of the ways that we are strengthened in the faith, that we are reassured

of his love, that we are realigned with the wonderful destiny he has prepared for us.

## 5. Helping others

As mentioned earlier, God has called us together to serve one another. Since God has given us certain abilities “for the common good” (1 Corinthians 12:7), we are supposed to *use* them to serve others. That is why he has given them and what we are supposed to do with them.

And as always, God does this for *our* good. We grow spiritually by doing this. We become more mature, more like Jesus Christ.

The Bible tells us that every Christian is a minister, for the word “minister” simply means “servant,” someone who helps. Pastors serve in the way that God enables them, singers in the way that God enables them, and teachers in the way that God enables them. Everyone serves. Everyone ministers in one way or another, and by doing so, we are all strengthened in the faith.

“Each one should use whatever gift he has received to serve others.... If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ” (1 Peter 4:10-11).

If you want more information about how to grow as a Christian, please contact us. That's why God has put us here. We want to help.

# Growing in Christ

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After you become a Christian,  
what do you *do*?

The Bible tells us that Christians normally do certain things to help them grow closer to Christ. These are called spiritual disciplines — habits that help us become more like Christ. Let's look at five basic avenues of spiritual growth.

## Habits That Help Us Grow Closer to Christ

In the Bible, in church history, and in the experience of millions of Christians, certain basic habits help us grow in faith, help us enjoy Christianity more, and help us become more helpful to others.

### 1. Prayer

“Teach us to pray,” the disciples asked Jesus, and Jesus responded by teaching them a simple prayer (Luke 11:1-4). Prayer does not need to have special words or fancy phrases — all we need to do is to talk to God. In prayer, we tell him what we think about him, what we are thankful for, what we fear, and what we want.

Jesus assured his disciples that God hears and answers our prayers (verses 5-13). Ask, and you will receive! James wrote that sometimes we don’t have what we want “because you do not ask God” (James 4:2). So, if you want something, ask God.

God is able and willing to answer our prayers. But he is also wise enough *not* to give everything we ask as soon as we ask. As James explained in the next verse, “When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” God doesn’t give us things that aren’t good for us. He doesn’t want to hurt us, or to make us selfish brats.

There is much that could be said about how to pray, but the main thing is to *keep praying*. The Lord’s prayer asks for “our daily bread” — we look each day to God to supply our needs. That means we pray each day. It becomes a habit in our Christian lives. It builds a relationship with God.

The apostle Paul wrote, “In *everything*, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6).

### 2. Bible study

Another habit that Christians have found helpful is regular Bible study — reading and thinking about the words that God has inspired. This is a way that God can speak to us.

The words came through human beings, but the message came from God. “Men spoke from God as they were carried along by the Holy Spirit” (2 Peter 1:21).

As a result, these writings “are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work” (2 Timothy 3:15-17).

But again, the key is to keep at it. It is a big book, with ideas that touch on a wide range of life. Although the main message is simple, it is also filled with profound insights. There is a lot to think about, again and again, each time we read it.

“My thoughts are not your thoughts,” said God through the Old Testament prophet Isaiah. “As the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts” (Isaiah 55:8-9).

But in the Bible, God reveals his thoughts to us, and he invites us to think them, too. These are things that he wants us to know — so we do our part to try to understand them. These are the writings that tell us what God is like, what he has done, and what he will do. These are the writings that tell us what Jesus Christ is like, and what he wants us to be like.

Some have called it “God’s instruction manual.” Others compare it to a love letter from a Father to his children. It’s worth reading again and again, so make time for it.

### 3. Church

God doesn’t just call people — he calls them *together*. He’s not creating “only children” — he is creating brothers and sisters. The Bible tells us that people who believe in Jesus Christ are part of a family, a community, a people who interact with one another.

The early Christians were a tight-knit community, meeting together, eating together, discussing the faith together (Acts 2:42).

The apostle Paul described believers as “the body of Christ” (1 Corinthians 12:27). Not that each person is the body of Christ, but together we are the body — “the body is not made up of one part but of many” (verse 14).

Paul explains that we each have different strengths and abilities, given to us by God to help one another (verses 4-7). No one has *all* the ability, so we all need to stick together so that we can benefit from one another.

In some ways, we are able to give help; in other areas, we need help from others. We are working together, learning to care for one another. That is why God has brought us together and given us different abilities.

“Love one another,” he tells us. “Be devoted to one another in brotherly love.” “Serve one another in love” (Romans 12:10; 13:8; Galatians 5:13). To do that, it is essential that we *know* one another and meet one another on a regular basis. This is a habit that helps us grow spiritually.

“Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another” (Hebrews 10:25).

### 4. Worship

When Christians get together, they not only speak to one another, they also gather to worship God. “Worship” comes from words