



SHEPHERD'S DIARY

A MINISTRY OF WORD PASTURE CHURCH

Volume 11, Number 6
JULY, TWO THOUSAND AND TWENTY FIVE



All living things grow. That is something we were all taught in elementary school, and it is true. It also does explain why you long to grow spiritually, because your spirit is alive. While I am yet to meet a believer without the desire to grow, I have met several with a passion to grow, but without a clear understanding of what steps to take.

Spiritual growth cannot be achieved by merely having a desire to grow, but rather it is a process that requires intentionality and guidance – a combination that is crucial for genuine spiritual development. Just as the Lord provided Noah with specific instructions for building the ark, He has also set forth a pattern by which believers should be built up.

In 1 Thessalonians 1:6-7 we read: *And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost: So that ye were examples to all that believe in Macedonia and Achaia.*

These believers in Thessalonica were not just good Christians, they did not only reflect Christ to unbelievers, but they were actually examples to other believers! Now that's something! How did they grow in their walk with the Lord? How did they navigate spiritual development? The

key is in the same text.

They received the word with joy of the Holy Ghost. Just like in 1 Peter 2:2, Apostle Peter says to grow, we should “*desire the sincere milk of the word*”. Clearly, they desired and received the word. Having received the word, they did not stop there. And that is where many miss it today. Believers come to church to receive the word of God. While that is good and powerful, it is only the first step. You must take another step.

The next step is very crucial. We see that they became followers. They received the word and became followers. “*Followers of us, and of the Lord...*”, Apostle Paul says. Followership unlocks spiritual growth (and power). In this followership, you learn the practical application of the word. It is also in this second step that you find accountability, encouragement, and the commitment that ensures growth. In 1 Corinthians 11:1-2, Paul encourages

believers to imitate (follow) him as he imitates (follows) Christ. This chain of followership is crucial for sustaining spiritual growth, but the enemy would rather you are ignorant or hurt, so that you turn away from this truth.

Again in Hebrews 13:7, we read: “*Remember them which have the rule over you, who have spoken unto you the word of God: whose faith follow, considering the end of their conversation*”. They have spoken the word to you – step one. That is not enough. Don't turn around and walk away. The second step is where you begin to follow their faith.

I trust that this helps you greatly. Maybe you need to take the next step or learn to follow more closely. Meditate upon these things. Grace to your heart. Amen.



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