

Spiritual Growth during Lent

The proper purpose is that we fast for our love to God. We want our souls to be attached to God so we rise above the physical level in order to live in the Spirit.

H.H Pope Shenouda

Meaning / Goal

- Spiritual Growth is the process of becoming more and more like our Lord Jesus Christ. 2Pe.3:18
- We have been created in God's image (given), but His likeness is what we aim to develop into as Christians. (JOY)
- Spiritual growth is a Choice. It does not happen by default (unlike physical growth). That's why not all Christians are in the same level Spiritually.
- Examples of saints.
- **If we do not make that choice, and stick to it, put diligent effort, there will be no spiritual growth! Ph2:12-13**

Spiritual Growth and Self-Esteem

- Us as Christians has two primary reasons for having a healthy self-image:
- 1- We are created in God's image. Gen 1:26-27 He covered us with His unconditional Love. John 3:16
- 2- Yes we are sinners, but we have been regenerated Ti 3:5 we are now loved as his children 1 Jn 3:1
- Proper self-esteem enhances spiritual growth. Taking St.Paul as a great example: a-for himself Ph 4:13 b-for others Ph 1:6

Have you ever tried exercising at home?

- And then the Gym...
- What is the difference?

Results

- Everyday Spiritual growth is a commandment and if the results are not so obvious, during Lent, I would say if we put the right effort, is 80% obvious. Meaning that a person feels the change inside through the work of the Holy Spirit. That's why the fathers of our Orthodox church call it the Spring of the Spiritual Life.
- Why? Because of the purpose of the Great Lent and its lead, because the majority do fast, because of the daily Liturgies and amount of Bible readings from both old and new. Because there is a general awakens of the whole Christian congregation all over the world during Lent period.

Tools

- 1- fast
- 2- follow Lent readings
- 3- theory of substitute
- 4- try to attend more Liturgies
- 5- enhance your bible reading with a spiritual and Saint's lives reading
- 6- perform good deeds
- 7- etc.....
- 8- All the above should be under the guidance of your father in confession

But grow in the grace and knowledge of
our Lord and Savior Jesus Christ.
To Him be the glory both now and forever.
Amen.

2Pe3:18