

THE 5 ESSENTIALS (G.R.O.W.S.) - (Five essentials for Christian growth)

Introduction: Each of the following is presented in Scripture as essential to the spiritual growth and health of the Christian. These may be compared to the four basic food groups for nutritional health. If a person goes without certain vitamins and minerals they will eventually encounter health problems. A person who goes without one or more of the following five essentials will eventually encounter deep spiritual problems.

1. **G. Go to Church Every Lord's Day (Ex. 20:8-11)**

Sun. – Lord's Day (Rev. 1:10; Acts 20:7; Cor. 16:2;) (see next page)

1. universal church practice since 1st century
2. earliest Jewish believers met on both days

Worship

Preaching

Ministry – e.g. music, kids, etc.

2. **R. Read the Bible and Pray Daily (Dan. 6:10)**

A suggested plan:

- 5 Psalms
- 1 Proverb
- 1 OT chapter
- 1 NT chapter

Maintain a prayer journal

3. **O. One-on-One Discipleship (2 Tim. 2:2)**

Disciple making – "apprenticeship" – teaching to obey (Matt. 28:19-20)

Accountability

Example of Jesus and Paul

4. **W. Witness and Make Disciples Regularly (Mt. 28:19)**

Person-to-person evangelism

Our mission

Mark of Spirit Filling

5. **S. Small Group Every Week (Heb. 10:25)**

Relationships – "one another"

Bible Teaching

Prayer

G. Go and gather faithfully every Sunday for worship

R. Regular daily devotions – read the word and pray

O. One-on-one or one-on-few discipleship

W. Witness and win souls weekly

S. Small group involvement weekly