8282 I-10 Service Road
New Orleans, LA 70126
**Fred Luter, Jr. | Senior Pastor**

Office: 504-488-8488
Fax: 504-488-8489
www.franklinabc.com

**A.M. Bible Study** **Wednesday, October 21, 2026**
**Pastor Johnell Thomas -Teacher**

## GROWING IN CHRIST

The human body needs certain nutrients to grow and develop to be healthy and to function the way it was created to be. Without proper nourishment, it will never reach its full potential.

**Bananas** – are full of potassium, fiber, magnesium, and vitamin K which helps to control blood pressure and to reduce the risk of cardiovascular diseases.

**Blueberries** – are loaded with antioxidants which reduce inflammation, improve blood vessel function, and lower the risk of heart disease and strokes.

**Grapefruits** – are packed with vitamin C, A and B6. One medium-sized grapefruit provides 100% of our daily requirement for vitamin C. Grapefruits are great for our immune system and help to fight off viruses and bacteria that can cause diseases.

When the body receives the proper victuals, it can develop to reach its full potential and function the way it was designed to be. Because the body is healthy and has what it needs; it can grow and flourish.

For us as Believers and People of God, to become all that God has created for us to be, we must feed the Spirit Man. The Spirit Man needs certain nutrients to grow and develop to be healthy and function the way it was created to be. Without the proper spiritual nourishments, we will never reach our full potential.

We cannot see the nutrients in the Word, but it is in there. When we consume, study, and live by the Word of God, we receive the benefits of the Word. For the Word says in *Matthew 4:4,* "Man shall not live by bread alone, but by every word that is proceeded out of the mouth of God."

### How Do We Pull It Off?

1. Overcome Temptation — *James 4:7*
2. Develop A Deeper Understanding of God's Word — *Psalm 119:105*
3. Develop A Strong Prayer Life — *Philippians 4:6*
4. Read And Meditate on The Bible — *2nd Timothy 3:16-17*
5. Live In Obedience to God — *John 14:15*
6. Keep Growing and Never Stop Seeking — *Philippians 3:12-14*

Spiritual growth is a lifelong journey. Continue seeking God, learning, and maturing in the Faith. This is a lifelong process/journey. We will always have room for Spiritual Growth. So, keep working, keep pressing, keep reaching for the goal of maturing and growing in Christ. Stay humble and open up to God's work in our lives. We must work on growing in Christ.