



**SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES**

**SPEAKER: NAT CRAWFORD**

**Monday, 04/04/2022**

**Scripture: Hebrews 6:1-2**

**TITLE: Get Moving**

I love food. You've heard me talking about how when I travel, I plot out my roadmap of restaurants. But here's the fuller picture. I don't... I can't eat out all the time. I can't eat what I want all the time. I need a steady diet of fruits, vegetables, lean meats, and so on. If I only ate what I wanted or desired, I would have some serious health problems.

The same is true for us and spiritual growth. In goTandem, Back to the Bible's spiritual growth app, the number one struggle is not growing spiritually. People feel spiritually stuck. People want to get growing again spiritually. The question is, what's the problem?

One possible cause is what you're feeding your soul.

Listen to what the writer of Hebrews says in Hebrews 6:1-2 (CSB).

*Therefore, let us leave the elementary teaching about Christ and go on to maturity, not laying again a foundation of repentance from dead works, faith in God, teaching about ritual washings, laying on of hands, the resurrection of the dead, and eternal judgment.*

The writer says, let us leave the elementary teaching about Christ and go on to maturity. The writer in chapter 12 would make another analogy between milk and solid food. Milk is for the infant, while meat and potatoes are for the mature. Does that mean we neglect the milk? Do we move on from the core of Christianity? Of course not. You must have a foundation to build upon. It may work in Minecraft to remove the base of a building, but in life and faith, you must have a firm foundation.

So we must be formed by the firm foundation of the Gospel, that incredible message that Jesus died for our sins. When we turn from our sins and turn to Jesus as Savior, we can experience peace with God. This is a gift.

Once we have understood and embraced this truth, we allow it to firm up like cement. And then we allow God to move us closer to Him and into great levels of understanding, following Him and living on mission.

It is God who brings the growth, but we must be willing to participate in the process. At our gym, they have a water track. You can go with the flow, which makes cardio easy, but you can also go against the flow, and it is much harder. It can stop me in my tracks. The better way to get moving is to go with the flow of the stream. The same is true with God.

So here's my challenge for you today: Get moving. Many of us have settled the Gospel and who Jesus Christ is, but we've stopped there. We've stopped craving maturity, growth, and the spiritual food that aids us. God is the water to the seed. We simply need to allow Him to produce the growth.

So keep taking in the Word. Keep putting it into action. Move with God as He moves you. When we do this, we will begin moving again towards spiritual fitness. When that happens, we will win the day.