



2 Peter 3:18 “but grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To Him be the glory both now and forever. Amen” 彼得后书3:18 你们却要在我们主救主耶稣基督的恩典和知识上有长进。愿荣耀归给他，从今直到永远。阿们！

1. Don't COMPARE Spiritual Growth to Others 不要拿灵命上的成长和他人比较

2 Corinthians 10:12 But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”哥林多后书10:12 因为我们不敢将自己和那自荐的人同列相比。他们用自己度量自己，用自己比较自己，乃是不通达的。

Why we don't compare to each other: 为什么不要和其他人比较

A. It can lead to DISCOURAGEMENT, discontentment and JEALOUSY它会导致沮丧、不满和嫉妒

B. It can lead to PRIDE and self-righteousness它会导致骄傲和自以为是

C. It is a sign of CARNALITY它是属乎肉体的表现

1 Corinthians 3:3 “For you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?”哥林多前书3:3 你们仍是属肉体的，因为在你们中间有嫉妒、纷争，这岂不是属乎肉体、照着世人的样子行吗？

2. Who Is RESPONSIBLE for your Spiritual Growth谁对你的灵命成长负责

Philippians 2:12-13, “ Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; 13 for it is God who works in you both to will and to do for His good pleasure.”腓立比书2:12 这样看来，我亲爱的弟兄，你们既是常顺服的，不但我在你们那里，就是我如今不在你们那里，更是顺服的，就当恐惧战兢，作成你们得救的工夫；2:13 因为你们立志行事，都是 神在你们心里运行，为要成就他的美意。

2 Peter 1:3 “ as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue”彼得后书1:3 神的神能已将一切关乎生命和虔敬的事赐给我们，皆因我们认识那用自己荣耀和美德召我们的主。

3. Some More HABITS for Spiritual Growth更多一些有助灵命成长的习惯

Church Attendance, Doing Life Together, Spending Time in the Word定期参加教会，一起成长，花时间学习神的话语

A few more important ones: 还有几个很重要的习惯

A. Seek GODLY FELLOWSHIP 寻求属灵的团契

1 Corinthians 15:33 “*Do not be deceived: "Evil company corrupts good habits."*哥林多前书15:33 你们不要自欺，滥交是败坏善行。

B. Practise OBEDIENCE 练习顺服

1 Peter 1:14, “*as obedient children, not conforming yourselves to the former lusts, as in your ignorance*”彼得前书1:14 你们既作顺命的儿女，就不要效法从前蒙昧无知的时候那放纵私欲的样子

1 Corinthians 6:9-11 “*Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. 11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.*”哥林多前书6:9 你们岂不知不义的人不能承受 神的国吗？不要自欺，无论是淫乱的、拜偶像的、奸淫的、作变童的、亲男色的、6:10 偷窃的、贪婪的、醉酒的、辱骂的、勒索的，都不能承受 神的国。6:11 你们中间也有人从前是这样；但如今你们奉主耶稣基督的名，并藉着我们 神的灵，已经洗净、成圣、称义了。

C. Guard OUR MINDS 保守我们的心思意念

Romans 12:2, “*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*”罗马书12:2 不要效法这个世界，只要心意更新而变化，叫你们察验何为 神的善良、纯全、可喜悦的旨意。
Proverbs 4:23, “*Keep your heart with all diligence, For out of it spring the issues of life*”箴言4:23 你要保守你心，胜过保守一切（或作“你要切切保守你心”），因为一生的果效，是由心发出。
Philippians 4:8 “*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things*”腓立比书4:8 弟兄们，我还有未尽的话：凡是真实的、可敬的、公义的、清洁的、可爱的、有美名的，若有什么德行，若有什么称赞，这些事你们都要思念。