

# Title "From Saved to Transformed: Growing in Christ Through Spiritual Discipline"

Unlocking Lasting Change Through the Word, Prayer, and the Power of the Holy Spirit

## 📖 Introduction: Salvation is Just the Beginning

Spiritual growth is not an optional part of the Christian life—it is essential. The moment we receive Jesus Christ as our Lord and Savior, we are born again. But just as a newborn must grow and mature, so must every believer. The Holy Spirit begins a transformation process that continues throughout our lifetime, shaping us into the image of Christ.

2 Peter 1:3-4 (NKJV):

“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, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature...”

God has already provided everything we need to grow spiritually. But the transformation happens through our knowledge of Him, and that knowledge comes through the Word of God and our communion with Him in prayer.

## 🔑 What Is Spiritual Growth?

Spiritual growth is the progressive transformation of a believer into the likeness of Jesus Christ. It's not just about knowing more—it's about becoming more like Christ in character, thought, and action.

2 Corinthians 5:17 (NKJV):

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

We are made new in Christ, but the process of shedding the “old self” and growing into the “new self” takes time, intentionality, and spiritual discipline.

### **Why Discipline Matters**

Discipline isn't punishment—it's training. Discipline produces character, strength, and consistency. Almost nothing in life is accomplished without it, and spiritual maturity is no exception.

Colossians 3:9-10 (NKJV):

“...you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him.”

Spiritual discipline is the intentional training of our spirit through practices that align us with the will and heart of God. Without these disciplines, we remain spiritually immature, weak, and vulnerable to sin.

### **Two Foundational Disciplines for Spiritual Growth**

#### 1. Discipline of the Word

The Word of God is our primary source of truth and transformation. Without a strong foundation in Scripture, all other spiritual efforts will crumble.

2 Timothy 3:16-17 (NKJV):

“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”

### **☒ Benefits of the Word:**

Renews our mind (Romans 12:2)

Equips us to resist sin (Psalm 119:11)

Builds our faith (Romans 10:17)

Strengthens us for battle (Ephesians 6:17)

Joshua 1:8 (NKJV):

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”

### **Ways to apply this discipline:**

Daily Bible reading

Scripture memorization

Meditating on the Word

Studying with others or in personal devotions

## 2. Discipline of Prayer

Prayer is not just a religious routine—it's an intimate conversation with our Heavenly Father. Through prayer, we connect our heart with God's heart.

Philippians 4:6-7 (NKJV):

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

### Benefits of Prayer:

Brings us into deeper intimacy with God

Aligns our will with His

Breaks spiritual strongholds

Brings peace, clarity, and direction

## **Types of prayer:**

Adoration: Worshiping God for who He is

Confession: Admitting sins and asking for forgiveness

Thanksgiving: Gratitude for God's blessings

Supplication: Presenting needs and requests

Intercession: Praying on behalf of others

Prayer isn't about formulas—it's about fellowship. It's about becoming more like Jesus by spending time in His presence.

## **🍇 What Does Spiritual Growth Look Like?**

Spiritual growth is most clearly seen in the fruit it produces.

Galatians 5:22-23 (NKJV):

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

As we grow, the sinful patterns of the flesh—such as those listed in Galatians 5:19-21—begin to fade, and the fruit of the Spirit becomes more and more evident in our daily lives.

Galatians 5:16 (NKJV):

“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

### **☒ Signs of Spiritual Growth:**

Greater hunger for the Word

Consistent prayer life

Increased sensitivity to sin

Love and compassion for others

Desire to serve and obey God

### **⊘ A Word of Caution: Avoid Mystical Counterfeits**

Not all practices labeled as “spiritual disciplines” are rooted in Scripture. Today, some teachings blend Christianity with mystical or New Age ideas like contemplative prayer, soaking, or “listening prayer” that bypass God’s Word.

Stay grounded in the Bible.

Romans 1:16 (NKJV):

“For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes...”

Ephesians 6:17 (NKJV):

“And take... the sword of the Spirit, which is the word of God.”

True discipline must come from and be anchored in the Word of God. The Bible is the only sure foundation for growth.

### **Conclusion: Start Growing Today**

Spiritual maturity doesn't happen overnight, but it does happen intentionally. By committing to the foundational disciplines of the Word and prayer, we cooperate with the Holy Spirit in becoming more like Christ.

Philippians 2:12-13 (NKJV):

“...work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure.”

Growth is both our responsibility and God's work within us.

### **Closing Prayer: A Cry for Spiritual Maturity**

Heavenly Father,

In the mighty name of Jesus, I thank You for saving me, for making me new, and for placing within me the seed of transformation. Lord, I confess that I can do nothing apart from You. Today, I ask for grace to grow.

Let Your Word come alive in my heart. Give me a deep hunger for truth and a thirst for righteousness. Teach me to pray, not just for results but for relationship. Make me strong in spirit. Form in me the character of Christ.

Help me lay aside every distraction and every sin that so easily entangles me. Guard me from deception and draw me into deeper intimacy with You through the power of Your Spirit. Let the fruit of the Spirit grow in me until it overflows.

Shape my thoughts, my words, and my actions to reflect Jesus in all I do. And Father, I yield to the process, trusting that You who began this good work in me will complete it until the day of Christ.

I give You praise, honor, and glory.

In Jesus' name,

Amen.

**Pastor Nate Thompson Deliverance Revolution Ministries**

**DeliveranceRevolution.org Contact us If you need deliverance:**

**<https://deliverancerevolution.org/contact-us/>**

## 🔥 Are You Ready to Be Set Free and Step Into Your Calling? 🔥

Here at Deliverance Revolution Ministry, we're not just another ministry—we are a frontline movement raising up Full-On Jesus warriors for the Kingdom of God! ✨

Join us every day at 11 AM and 7 PM Eastern (except Sunday mornings) for our powerful Zoom sessions. These aren't just meetings—they're encounters with the living God! We minister deliverance, provide discipleship training, and empower you to walk in freedom, boldness, and purpose.

📺 Whether you're battling oppression, possession, depression, or suicidal thoughts, we've seen Jesus transform lives. Our YouTube channel is filled with real testimonies—people who walked in broken but came out victorious.

Our website, [DeliveranceRevolution.org](https://DeliveranceRevolution.org), is loaded with life-changing prayers, training, and tools to help you grow into everything God has called you to be.

☐ But hear this: Your freedom starts with your will. You must want it. Pursue Jesus with all your heart, and He will meet you. He will break every chain. This isn't about religion—it's about relationship and relentless pursuit of the King of Kings.

🙏 So, in the mighty name of Jesus, I pray right now: Father, surround them with Your protection, stir their hunger, and draw them into deeper freedom, in Jesus' name. Amen.

➡☐ Don't wait. Get connected. Get trained. Get free. Full-On Jesus is the only way.