

Lack of Sleep Will Stunt Your Growth!

It's true! If our little ones want to grow up big and tall, it is imperative that they get at least eight hours of sleep each night. The pituitary gland produces the largest amount of HGH (Human Growth Hormone) during sleep. If you are denying yourself sleep, you are hurting your chances of reaching your full height potential. Too many carbohydrates are also known to stunt your growth. Carbohydrates give us our energy, but too much of it will cause a surge in our insulin levels. The surge of insulin often switches off the GH production. Cigarettes and carbonated sodas are also bad for the growing process. Cigarettes decrease the level of oxygen in the blood which has an adverse effect on growth. Carbonated soda is bad for physical growth because it depletes the calcium in our bones.

Physical growth is important, but we probably put more emphasis on our bodies than we should. Does the Lord care how tall you are or what color your hair is? There are no verses in scripture telling us that the Lord is concerned with these things. Reading God's word very carefully will help us understand that the Lord is much more concerned with our spiritual growth. The Bible tells us that we should take care of our bodies, but it also makes the point that our bodies will not last. **2 Corinthians 4:16-17** says, *"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."*

I'm afraid that when most people think of the Lord they see Him as the great "thou shalt not" in the sky. It is important that we see the love and care that the Lord demonstrates through His instruction. **Hebrews 12:7** tells us that the Lord deals with us as sons; for what son is there whom a father does not chasten. The Bible warns us of the many things that will stunt or even destroy our spiritual growth, but it's not just a book of warnings. God's inspired word is also given to us so that we might cling to the things that are honorable and pure. God loves us and He wants us to

enjoy His exceedingly great and precious promises. In Peter's second epistle he begins the letter by saying, "*Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness...*"

To ensure spiritual growth, one must abstain from fleshly lust and the enticement of sin, but that same individual **MUST** focus on attaining the wonderful traits that are well pleasing to the Lord. **Hebrews 13:16** says, "*But do not forget to do good and to share, for with such sacrifices God is well pleased.*" We must strive to remember that there is a transformation taking place in the life of a Christian. **Romans 12:2** says this, "*...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.*"

Please allow me to suggest that if we desire to grow spiritually, it would serve each one of us greatly to closely follow God's plan for doing so. Please read the following verses as you consider your own spiritual growth. **Philippians 4:8** gives us a list of the things we are to meditate on. **Romans 12:9-16** paints a beautiful picture of what a disciple of Jesus Christ looks like. A person who is perfect in these things is a spiritual giant! **Galatians 5:22-23** lists the fruit of the Spirit. Against such there is no law. In **2 Peter 1:5-11** the apostle shows each one of us how we should be bearing fruit as we grow in our faith and service in the Lord. If you do these things, you will never stumble.

God in heaven, the Creator of all things, has spared no expense to save your precious soul. He wants you to succeed in the duty that He has given you. "In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him."

1 John 4:9

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