


The
BAR GRAPH
of our
Spiritual Life

Gaining and Losing
Ground



**You are
constantly
gaining
or loosing.**



Increments

an increase or addition,
especially one of a series on a fixed scale

I. Examine your faith-life regularly.

2 Corinthians 13:5 Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?



Judges 16:20

Then she called, “Samson, the Philistines are upon you!”

He awoke from his sleep and thought, “I’ll go out as before and shake myself free.”

But he did not know that the LORD had left him.



2. Stay in fellowship with other believers.

Hebrews 10:25

And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.



3. Stand firm in your faith.

- Matthew 10:22 All men will hate you because of me, but he who stands firm to the end will be saved.
- Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.



4. Persevere.

1 Timothy 4:15-17

Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you.

¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.




5. Remind yourself of what God has done for you in the past!

Hebrews 10: 32,35-39

Remember those earlier days after you had received the light, when you stood your ground in a great contest in the face of suffering. So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised ... we are not of those who shrink back and are destroyed, but of those who believe and are saved.





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