

Daily Devotion For April 27, 2022

¹⁵ but ^[1]speaking the truth in love, ^[2]we are to **grow up** in all *aspects* into Him who is the head, *that is*, Christ," Ephesians 4:15

In my devotion yesterday I spoke of signing up for the Big Sur marathon but was unable to run because of a hamstring injury. Today at my swim class I was talking to a woman who was carrying a Pickleball paddle. As we were conversing she made the comment, "this is a good game for people, **our age** because it has low impact." As we concluded our swim workout the teacher said to a group of us, "we have to realize that at **our age** we are not going to get faster, we just try to maintain our level of fitness."

There's one fact of life that cannot be changed, something we cannot avoid, and that is growing older. Someone once said, "I don't intend to grow old gracefully—I intend to fight it every step of the way."

I wonder where the line is drawn between growing up and growing older? While that may be true physically, I think that God still wants us to grow up spiritually in Christ. Paul wrote in Ephesians 4:15 that we are to grow up into Christ.

Thought For Today: Growing up in Christ is to recognize that God is always working in us, bringing us to spiritual maturity. To grow up means to be in daily fellowship with Christ and allow him to speak to our hearts. Are you growing up or growing older?

Today's Prayer Focus: Pray that you will grow up in Christ and not grow older. Deo Volente.