



“So the child grew and became
strong in spirit...”

— Luke 1:80

Growing strong in the spirit

Need for good neighbors

- “When her neighbors and relatives heard how the Lord had shown great mercy to her, they rejoiced with her.” (Luke 1:58)
- Why would St. Paul be so concerned with the Corinthians to endure much affliction?
- Why would St. Paul instruct Timothy to entrust the gospel to faithful men?
 - “And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.” (2 Tim. 2:2)



Courage to go against the current

- “So it was, on the eighth day, that they came to circumcise the child; and they would have called him by the name of his father, Zacharias. His mother answered and said, ‘No; he shall be called John.’ But they said to her, ‘There is no one among your relatives who is called by this name.’” (Luke 1:59-61)
- Not an easy process but necessary
- “Moreover, when you fast, do not be like the hypocrites, with a sad countenance.” (Matt. 6:16)
- “Therefore be very courageous to keep and to do all that is written in the Book of the Law of Moses, lest you turn aside from it to the right hand or to the left...” (Joshua 23:6)



Keep the word of god in our hearts

- “And all those who heard them kept them in their hearts, saying, What kind of child will this be? And the hand of the Lord was with him.” (Luke 1:66)
- “I delight to do Your will, O my God, and Your law is within my heart.” (Psalm 40:8)
- “Your word I have hidden in my heart, that I might not sin against You.” (Psalm 119:11)



Prayerful Praise

- “Blessed is the Lord God of Israel, for He has visited and redeemed His people, and has raised up a horn of salvation for us in the house of His servant David...” (Luke 1:68-69)
- Praise is the highest form of prayer
- Praise is an expression of joy and thanksgiving
- A natural response of the soul in response to the glory of God



Spiritual retreat

- “So the child grew and became strong in spirit, and was in the deserts till the day of his manifestation to Israel.”
(Luke 1:80)
- “But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”
(2 Cor. 3:18)



Summary

What are some qualities that will allow us to grow strong in spirit?

1. We need to be good neighbors and surround ourselves with them
2. Courage to go against the current
3. Keep the word of God in our hearts
4. Prayerfully praise
5. Spiritual retreat