



Daily Verse and Comment

1 Thessalonians 4:1

(1) Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more.

King James Version

When we really mature in our spiritual life, we see more, we know more, we feel more, we do more, and we [repent](#) more. It is all in proportion to our closeness to [God](#)! We are, in short, growing in grace (as Peter said in [II Peter 3:18](#)).

No one who neglects the spiritual big four—Bible study, prayer, meditation, and occasional fasting—can expect to make much progress in sanctification because these are the channels through which spiritual strength flows from God. This is why having access to God through [Jesus Christ](#) is so important. These efforts produce [faith](#) and then obedience, and fresh supplies of His grace flows.

There are no spiritual gains without pains. Would we expect a crop from a farmer who never even looked at his fields until harvest time? That is ridiculous! The farmer has to get out in his fields and sow the seeds. Does not God say in [James 3:18](#) that "the fruit of righteousness are sown in [peace](#) by those who [make peace](#)"? The fruits of righteousness have to be sown! That is work.

What are the fruits of righteousness? They are [love](#), [joy](#), peace, gentleness, [goodness](#), [meekness](#), [kindness](#), faith, self-control—but they have to be sown, fertilized, cultivated, and pruned. We see a process. As those fruits begin to be produced, sanctification cannot be hidden any more than the fruit on a tree can be hidden. We will never attain to [holiness](#) without Bible study, prayer, fasting, meditation, and obedience because through them is how

spiritual life is sown, cultivated, fertilized, and tended so that fruit is produced.

— John W. Ritenbaugh

To learn more, see:

[The Covenants, Grace, and Law \(Part Nine\)](#)



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