

3: DAILY, NOT OCCASIONALLY: THE PATH TO REAL SPIRITUAL GROWTH

By John Leavy

In Week 1: What is a Disciple?

3 Min read



“For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. — *Romans 8:13*

Reaching the trail’s end means putting one foot in front of the other. Jesus invites us into a daily walk. Spiritual growth doesn’t come from intensity—it comes from consistency.

Paul is not asking us to put in occasional effort: he talks about daily putting to death what drags a man off the trail. Checking your compass bearing every 5 miles can hardly guarantee reaching the intended destination. The flesh doesn’t fight for control once a month. It shows up every day, every moment of every day—impulses, shortcuts, pride, distractions, interruptions. And the Spirit’s work is just as daily.

Ever hike a trail that is slowly disappearing because no one walks it? It doesn’t take long for the forest to reclaim the ground. That’s what daily faith does—it keeps the trail open. Every day you choose the Spirit over the flesh—you keep the trail open. Every day you ignore that choice, the brush takes ground back.

The Christian life isn't won in dramatic moments. It's won in quiet, repeated decisions that no one sees. Daily surrender. Daily restraint. Daily dependence. That's where real life forms.

APPLICATION

Daily faithfulness builds spiritual strength the same way repeated hikes build physical endurance. Miss trail dates, and momentum slows. Miss too many days, and the path becomes harder to find. Show up daily, and growth compounds in ways you won't notice until you look back.

Paul's language is strong—*put to death*. That's not a one-time victory; it's a daily discipline. Every day, a man decides who sets the pace: the flesh or the Spirit. One leads toward decay, the other toward life. We need God's help to make the correct choice.

Daily time with God recalibrates your compass. Scripture reshapes your instincts. Prayer trains your reflexes. Over time, what once pulled you off the trail loses its grip, and what once felt unnatural becomes your steady stride.

Most men want intensity—breakthrough moments, emotional highs, digital shout-outs. But intensity fades—consistency forms. Five quiet minutes every day with Scripture and prayer will outlast any spiritual surge. Daily steps, repeated, guarantee you stay on the trail.

LIVE IT OUT

Choose a specific time today—five or ten minutes—and commit to meeting God there tomorrow and the next day. Treat it like a fixed point on your trail, not an optional stop. Open Scripture, read a few verses, and pray honestly, asking the Spirit to shape your choices. Don't measure the moment by how you feel; measure it by showing up. Each day you choose the Spirit over the flesh, you press the trail deeper and walk more firmly in real life.

PRAY THIS...

"Lord, help me to be consistent in my daily journey with You."

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Practice builds the man.***

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