

15 Common Struggles That Hinder Christian Spiritual Growth

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(An Interactive eBook)

By Eric Otchere, 2025

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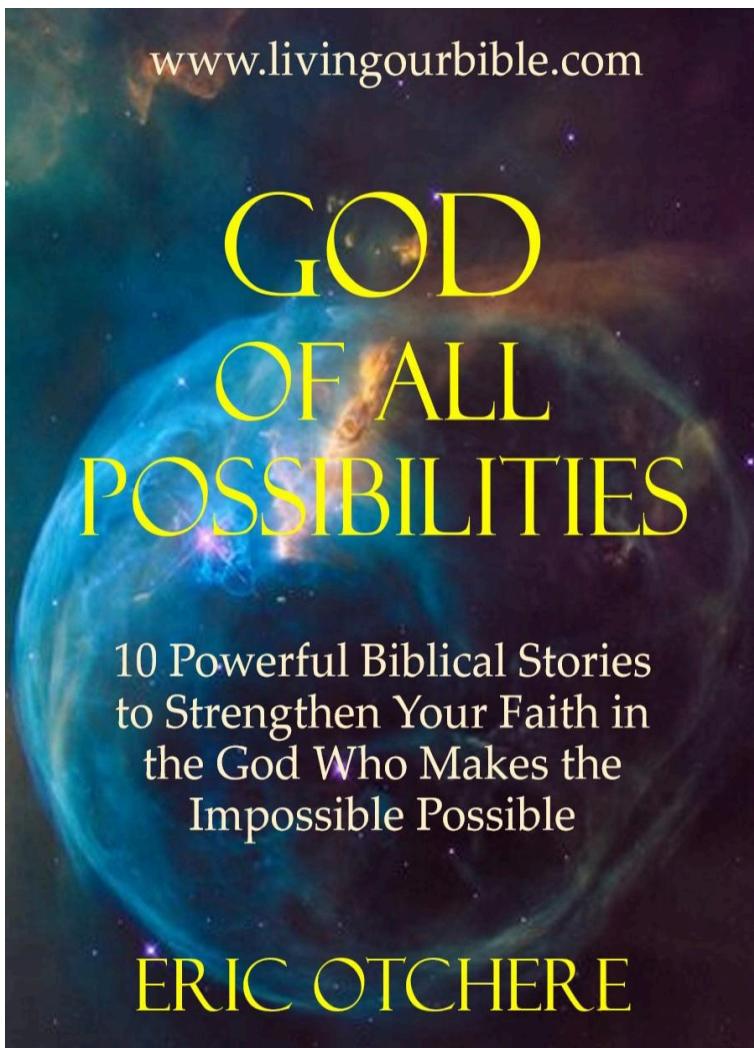
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“FAITH COMES BY HEARING”

*A Practical Guide to
Maximizing Sermon Impact
for Spiritual Growth in
Your Christian Life*

ERIC OTCHERE

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Introduction: The Journey of Growth

Spiritual growth isn't automatic. It is intentional, disciplined, and Spirit-led.

Many Christians deeply desire to grow, yet face consistent barriers that hinder their journey. These struggles often leave believers feeling stuck, stagnant, or even defeated. But there is hope.

In this practical and interactive eBook, we explore 15 of the most common struggles that hinder Christian spiritual growth. You'll find relatable insights, biblical encouragement, and doable action steps to help you overcome each challenge. Use this as a guide, journal, and spiritual checkpoint.

Are you ready to grow stronger in your walk with Christ?

Let's dive in.

1. Inconsistent Prayer Life

Prayer is not just a spiritual routine; it's a relationship. Yet for many, prayer is sporadic, hurried, or absent. A consistent prayer life is foundational for growing in intimacy with God.

Jesus Himself often withdrew to pray (Luke 5:16), showing us the importance of making time for solitude with the Father.

To overcome inconsistency, start small.

- Set aside just 10 minutes daily for focused prayer.
- Choose a quiet space and remove distractions.
- Use a prayer journal to write your thoughts, requests, and thanksgiving.
- Track what God answers.

Over time, you'll notice how your relationship deepens and your confidence in prayer grows.

Reflection Prompt: *What time of day works best for you to pray consistently? Write down your ideal prayer schedule and stick to it this week.*

2. Neglect of Bible Study

God's Word is our spiritual food (Matthew 4:4). Yet, many believers only encounter Scripture on Sundays.

Neglecting Bible study weakens faith, hinders discernment, and disconnects us from truth.

Make Bible study a daily priority.

- Use tools like the SOAP method (Scripture, Observation, Application, Prayer) or a Bible reading plan like the [Daily Bible Reading](#).
- Join a small study group or follow an audio Bible while commuting.

As you engage God's Word, transformation follows (Romans 12:2). It sharpens your decisions, strengthens your convictions, and guides your steps. The key is consistency over intensity.

Action Step: Choose a book of the Bible to study this week. Read one chapter per day and journal one takeaway per reading.

3. Struggles with Sin and Temptation

Every Christian battles sin. Whether it's anger, lust, gossip, pride, or envy—these battles hinder spiritual growth. But the good news is, we are not powerless. Romans 6:14 reminds us, "Sin shall no longer be your master."

Freedom starts with confession (1 John 1:9), continues through accountability, and is sustained by the Holy Spirit.

- Avoid environments that fuel temptation and instead fill your life with godly influences.
- Develop safeguards like internet filters, accountability partners, and spiritual mentors.

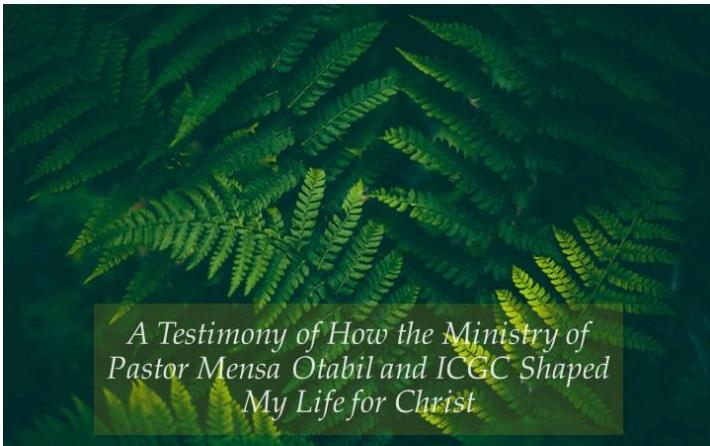
Victory is possible—but it requires intentionality.

Interactive Prompt: Identify one sin that constantly pulls you back. Write a short prayer asking God for strength to overcome it and consider sharing it with someone who can support you.

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My Life for Christ*

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4. Unforgiveness and Bitterness

Unforgiveness is like drinking poison and expecting the other person to suffer. Bitterness binds the soul and blocks blessings (Mark 11:25).

Forgiveness is not about approving wrong but freeing your heart. Jesus commands us to forgive just as He forgave us.

- Begin by asking God to soften your heart.
- Write down names of those who've hurt you and pray for each one.

Sometimes healing starts with a simple choice: “Lord, I choose to forgive.”

Healing Activity: Write a letter to someone you need to forgive (you don't have to send it). Let the emotions flow. Then pray and release the pain to God.

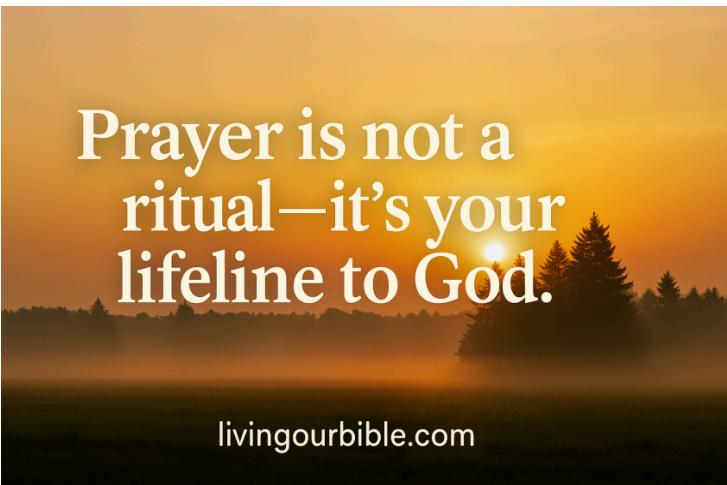
5. Fear and Doubt

Fear cripples faith. Doubt drains courage. When we question God's promises or feel unworthy, we shrink back from spiritual progress. But Isaiah 41:10 reminds us, "Do not fear, for I am with you."

- Combat fear by declaring Scripture aloud.
- Write down God's promises and post them where you can see daily.

Faith grows as you feed it with truth. Surround yourself with people who will encourage your walk and remind you of God's faithfulness.

Faith Challenge: Choose one fear you face today. Find a verse to counter it and repeat that verse aloud three times daily for a week.



Prayer is not a
ritual—it's your
lifeline to God.

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6. Lack of Fellowship and Accountability

The Christian life isn't meant to be lived alone. Hebrews 10:25 encourages believers to gather regularly. When you're disconnected, you become vulnerable. True fellowship offers encouragement, correction, and spiritual covering.

Join a small group, start a prayer circle, or find a spiritual mentor. Text a friend weekly just to check in spiritually. Accountability brings growth.

Action: *Reach out to two people this week and ask them to be your spiritual partners in prayer or Bible study for a month.*

7. Spiritual Laziness

Spiritual growth requires intentional effort. Proverbs 13:4 says the lazy crave and get nothing, but diligence brings fulfillment.

Laziness shows up when we keep saying “later” to our devotions, church involvement, or spiritual disciplines.

- Create a habit tracker and record your spiritual routines.
- Set goals: read a book of the Bible, fast once a week, volunteer monthly.

Don’t wait for motivation—create momentum through obedience.

Practical Tip: Start each day with a 15-minute “firstfruit” devotion—before phone, food, or chores. Watch what God does.

8. Worldliness and Distractions

The world is noisy, flashy, and busy. From endless scrolling to binge watching, we often numb our spirits.

Jesus warned in Mark 4:19 that worldly cares choke the Word.

Take inventory:

- How much time do you spend on entertainment vs. God? Schedule “tech-free” times.
- Choose godly music, read spiritual books, and engage in mission work.

This declutters your heart.

Weekend Challenge: Go on a 24-hour digital fast. Use that time for prayer, journaling, or quiet walks with God.

9. Lack of Purpose and Direction

Without vision, we wander. Proverbs 29:18 says, “Where there is no vision, the people perish.”

Seek God for clarity on your purpose.

- Ask, “Lord, what did You create me to do?”
- Reflect on your passions, pain points, and natural gifts.
- Align your life decisions with His purpose for you.

When you live with direction, your spiritual growth accelerates.

Interactive Prompt: Write your personal mission statement. Begin with “I believe God has called me to...” and refine it weekly.

10. Church Hurt and Leadership Disappointment

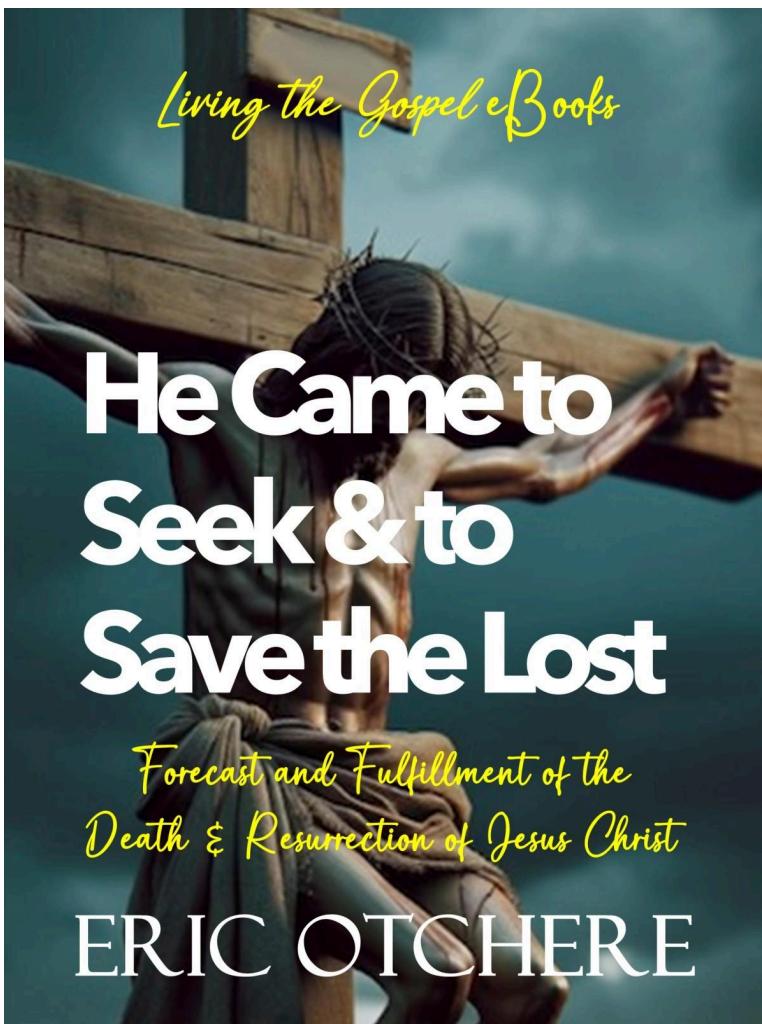
Church hurt is painful. But we must remember that people fail—God does not. Healing starts when we stop blaming and start releasing.

Forgiveness does not equal trust, but it does equal freedom. Seek counsel. Speak to leadership if possible.

Most importantly, reconnect with a healthy church body that teaches truth and walks in love.

Healing Step: *Join a new fellowship with humility. Ask God to renew your heart for His people.*

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11. Shame and Condemnation

Shame whispers, “You’re not enough.” But the gospel shouts, “You are forgiven.” Romans 8:1 tells us there is no condemnation for those in Christ.

Shame stunts growth and isolates. Speak identity over yourself daily: “I am a child of God.” Replace shame-based thinking with Scripture.

Truth Practice: Write 3 truths about your identity in Christ. Repeat them every morning this week.



• You cannot grow
spiritually if you feed
your soul only once
a week.

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12. Low Spiritual Hunger

When we stop longing for God, we start drifting. Spiritual hunger is not automatic—it must be cultivated.

Worship often, fast regularly, read testimonies, and surround yourself with people who are on fire for God. As Psalm 42:1 says, “My soul longs for You.”

Growth Activity: *Choose one new spiritual discipline to try this week—worship walk, Bible journaling, or silence retreat.*

13. Overdependence on Church Programs

Church events help, but they can't replace personal encounters with God. Some Christians rely on Sunday services alone for spiritual feeding.

Build your own altar at home—daily devotions, personal worship, and prayer. Your strength grows in secret.

Personal Growth Tip: *Design a simple weekly devotion schedule—Bible, prayer, and reflection, just for you.*

14. Fear of Suffering or Sacrifice

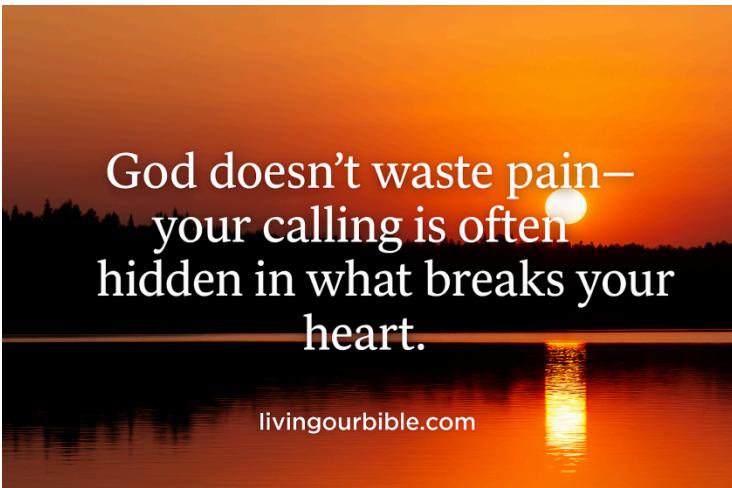
Spiritual growth often involves dying to self. Matthew 16:24 invites us to take up our cross. Don't fear sacrifice—embrace it. True joy comes when you surrender your will for God's. Give up a comfort to serve, fast, give, or step into a calling.

Bravery Challenge: *List three comforts God may be asking you to release. Pray through each one.*

15. Lack of Mentorship or Discipleship

Growth multiplies through relationships. 2 Timothy 2:2 teaches us to be mentored and to mentor others. Seek a spiritual guide—someone ahead of you in the faith. Likewise, find someone to pour into. This cycle produces maturity and legacy.

Action Step: *Reach out to someone you admire and ask, “Can we meet once a month to talk about spiritual growth?”*



God doesn't waste pain—
your calling is often
hidden in what breaks your
heart.

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Conclusion: Your Growth is God's Goal

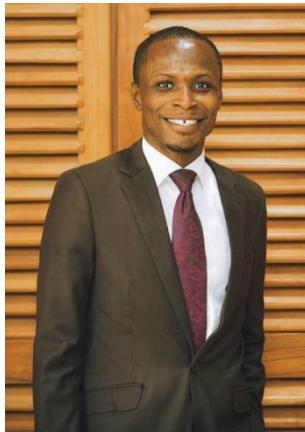
Spiritual growth is not a race to win, but a relationship to deepen. These 15 struggles are real, but not final. With grace, community, and commitment, you can grow.

So don't walk alone. Surround yourself with a thriving church community. Reignite your hunger for God. Build habits that lead to lasting transformation.

Keep growing. Keep trusting. Keep walking with Jesus.

Find more resources, devotionals, and growth plans at: www.LivingOurBible.com.

About the Author



Eric Otchere is devoted to declaring the whole counsel of God through systematic writing and the preaching of God's Word. His ultimate ambition is to write through the entire Bible, chapter by chapter, during his lifetime.

A Licensed Minister of the International Central Gospel Church (ICGC), headquartered in Accra, Ghana, Eric actively serves as an Associate Pastor at ICGC The Royal Temple, Awoshie-Accra. He also functions as the Regional Administrator for ICGC Central Region.

Eric is an alumnus of the University of Ghana, where he majored in Archaeology and Psychology. He furthered his education at the Akrofi-Christaller Institute of Theology, Missions, and Culture, earning a Master's degree in Theology and Missions with distinction.

He serves as the Chief Servant of [Living Our Bible](#), a daily Christian blog dedicated to sharing the full

counsel of God. The blog's mission is to help believers grow in grace and reach unbelievers with the gospel of Christ.

Eric has contributed articles to renowned online platforms such as myjoyonline.com, citinewsroom.com, ghanaweb.com, moderngraha.com, and dailyaccra.com, offering biblical insights on contemporary cultural issues. He is also the author of multiple eBooks, including *Influenced for Christ, God of All Possibilities, and Faith Comes by Hearing*.

Eric is married to Mrs. Anita Otchere, and they are blessed with three children.

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ABOUT THE BOOK

This book addresses 15 common struggles that hinder Christians from growing spiritually, offering practical insights and biblical solutions to overcome each one.

ABOUT THE AUTHOR

Eric Otchere is devoted to declaring the whole counsel of God through systematic writing and preaching of God's Word. He daily writes at www.livingourbible.com and also write periodic articles for leading online portals such as myjoyonline.com, citinewsroom.com and ghanaweb.com. He is the author of ebooks such as *Influenced for Christ, God of all Possibilities and Faith Comes by Hearing*. He is married with three kids.

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