

Spiritual Growth

Foundation One S-L1

Notes

A. The Focus of This Class Is Spiritual Growth

How do we begin growing spiritually? You will grow as you _____.

*“Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you **learn** to know God better and better.”* Colossians 1:10 (NLT)

Learn – gain understanding

Spiritual Growth is the result of 3 things _____ to the Word of God
(Your ability to pay attention)
the _____ of the Word, and living out the _____ of the Word daily.
(What you believe) (Your ability to practice what you understand)

*“So let us stop going over the **basic teachings** about Christ again and again. Let us go on instead and **become mature in our understanding...**”* Hebrews 6:1 (NLT)

Become – to go to be

Let us go on instead and **become** mature in our understanding. The word “**become**” means, _____ or to change; to develop or progress into.
(For class purposes remember the definition, “to grow to be”.)

*“For God **knew his people in advance**, and he **chose** them to **become like his Son**, so that his Son would be the firstborn among many brothers and sisters.”* Romans 8:29 (NLT)

*“I **knew you** before I formed you in your mother’s womb. Before you were born I set you apart and **appointed** you as my prophet to the nations.”* Jeremiah 1:5 (NLT)

*“God **decided in advance** to adopt us into his own family by bringing us to himself **through Jesus Christ**. This is what he wanted to do, and it gave him great pleasure.”* Ephesians 1:5

You must come through Jesus Christ; through salvation by accepting Jesus as your Lord and Savior. There is no other way to enter into **God’s family**.

Who decided that we should become like Christ? _____ (Ephesians 1:5)

From the very beginning of time, back in the Garden of Eden when God made man, He said, “*Let us make man in our image.*” (Gen. 1:26)

From the very beginning of time, God has said, “I want man to **become like My Son**, not to be God, but to be godly.” Not to be divine but to be clothed in the divine characteristics of Christ.

What does it mean to be clothed in the divine character of Christ?

B. Clothed in The Character of Christ

*"Since God **chose you** to be the holy people he loves, **you must clothe yourselves** with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you **must** forgive others. Above all, **clothe yourselves** with love, which binds us all together in perfect harmony."* Colossians 3:12-14 (NLT)

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control..." Galatians 5:22-23 (NLT)

The production of spiritual fruit in your life is the direct result of the Holy Spirit working _____ you, causing you to _____ spiritually.

As we _____ to the Holy Spirit's _____ He produces fruit, which is the very nature and character of Christ. (Romans 5:3-4)

This is how we become like Christ. As we **submit** we begin to grow; character is produced in our lives, causing us to become more and more like Christ. We must learn to turn our struggles into times of learning. Instead of complaining about your situations, start to see your situations as opportunities for growth.



Write this statement down: _____

C. 3 Facts About Spiritual Growth

Fact #1 Spiritual Growth is NOT? _____ (True or False)

In other words, you can be a Christian, but never grow up spiritually, because salvation doesn't automatically make us spiritually mature.

"Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong." Hebrews 5:14 (NLT)

The spiritual growth process is not automatic it takes _____, _____, and _____.

Fact #2 Spiritual Growth is a _____ (True or False)

Spiritual growth is a process for everybody. And everybody's process is not the same. There are no **shortcuts** to spiritual growth, it is a **process**.

The definition of the word "**process**" is, gradual _____ that lead toward a particular **result**", or "a series of **actions** directed toward a particular result."

Notes

List the Characteristics of Christ

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Above All

Romans 5:3-4 "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation."

James 1:3 "For you know that when your faith is tested, your endurance has a chance to grow."



Write this Statement Down:

Teachers Notes

James 2:17 “So you see, faith by itself isn’t enough. Unless it produces good deeds, it is dead and useless.”

Faith without a _____ of action is dead. These Christian growth classes are all about making **gradual changes** over the next few weeks, which will lead toward a particular result, becoming more spiritually mature, and having a closer relationship with God.

This Week’s Memory Verse

“Continue to grow in the grace and knowledge of our savior, Jesus Christ.”

2 Peter 3:18 (GN)

Fact #3. Spiritual Growth takes _____ (True or False)

“...discipline yourself for the purpose of godliness;” 1 Timothy 4:7b (NASB)

Who does Timothy tell us to discipline? _____ and for what purpose? _____
We **must** discipline ourselves in order to **become** spiritually mature.

“Take the time and the trouble to keep yourself spiritually fit. ” In other words, it takes **time to become** spiritually fit.



If you walked into the gym tonight and started to exercise, would that make you automatically fit? _____

Physical fitness is not automatic, neither is spiritual fitness, it takes **time, consistency and effort**. Just like to be physically fit you’ve got to exercise, and develop some *basic habits*, like exercising and eating right.

That’s also true for you to be spiritually fit; you **must learn** to develop some basic *discipleship habits*, like reading, studying and praying on a regular basis.

*“...train yourself to be **godly**. ” “Physical training is good, but training for **godliness** is much better, promising benefits in this life and in the life to come.”*

1 Timothy 4:7b-8 (NLT)

D. Making God Number One



Learning to Put God _____

Learning to make God number one in every area of your life calls for **developing discipleship habits**, there are three basic areas in our lives that we need to implement these habits. Adding these habits to your life will help you **become spiritually mature**, become a **disciplined disciple**, and help you **place God first** in your life.

Self-control is one of the fruits of the Spirit. We are to exercise discipline and self-control over ourselves.

Area #1 - Needs to be implemented in the area of our _____

a) **Time in God's Word**

*"If you **continue in my Word** then you are **my disciples** indeed. And you will know the truth and the truth will set you free."* John 8:31-32 (KJV)

How do I develop **the habit of reading God's Word** on a regular basis? You make a commitment to start out reading for 10 minutes a day, and you increase it as God gives you the desire.

b) **Time in Prayer**

*"One day Jesus told his disciples a story to show that they should **always pray and never give up**."* Luke 18:1 (NLT) (Circle who Jesus told the story to.)

The Bible says that the second thing that a **disciple** is, is someone who should always pray and never give up.

How do I develop **the habit of praying** on a regular basis? Begin by talking to God about everything that happens to you on a daily basis. **Acknowledge** His presence with you every day. Proverbs 3:6 says, *"In all your ways **acknowledge Him**..."*

Area #2 - Needs to be implemented in the area of our _____

*"None of you can be my **disciples** unless he gives up all..."* Luke 14:33 (GN)

Giving is the antidote to **materialism**. What is materialism?

Materialism is when your **focus** is on material wealth and/or possessions. It is when we devote the majority of our time and resources to obtaining possessions. This is the total opposite of **giving** it is **getting**. We'll talk more about this in lesson 11.



Area #3 - Needs to be implemented in the area of our _____

God created you for **Himself**, and only He can fill any relationship void in your life.

Making God Number One

If God is number one in **my our time** and in **my money** and in **my relationships**, then He's number one in my life,

BUT

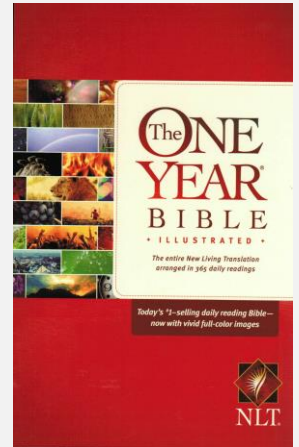
If He's NOT number one in **my time** and NOT number one in **my money** and NOT number one in **my relationships** then, He's NOT number one in my life.

To become a **disciple of Christ**,

I have to learn to put God first in every area of my life.

Teachers Notes

The starting point is called "The One Year Bible"



Think about what steps you need to take in order to make God number one in your life.



Personal Application

Foundation One S-L1

In this space write about what you learned during this lesson. _____

Make a determination about where you are spiritually, and then make a decision about how you plan to begin to grow past where you presently are.

- ☐ 1. *Some people are just beginning their spiritual walk.*
- ☐ 2. *Some are at a standstill or stagnated for many reasons.*
- ☐ 3. *Some lacked the proper teaching and training needed for growth.*

Remember Faith without a plan of action is dead!

“So you see, faith by itself isn’t enough. Unless it produces good deeds, it is dead and useless.” James 2:17

Write out this week’s memory verse in this section. Read the memory verse 3 times a day and try to memorize it or its meaning.

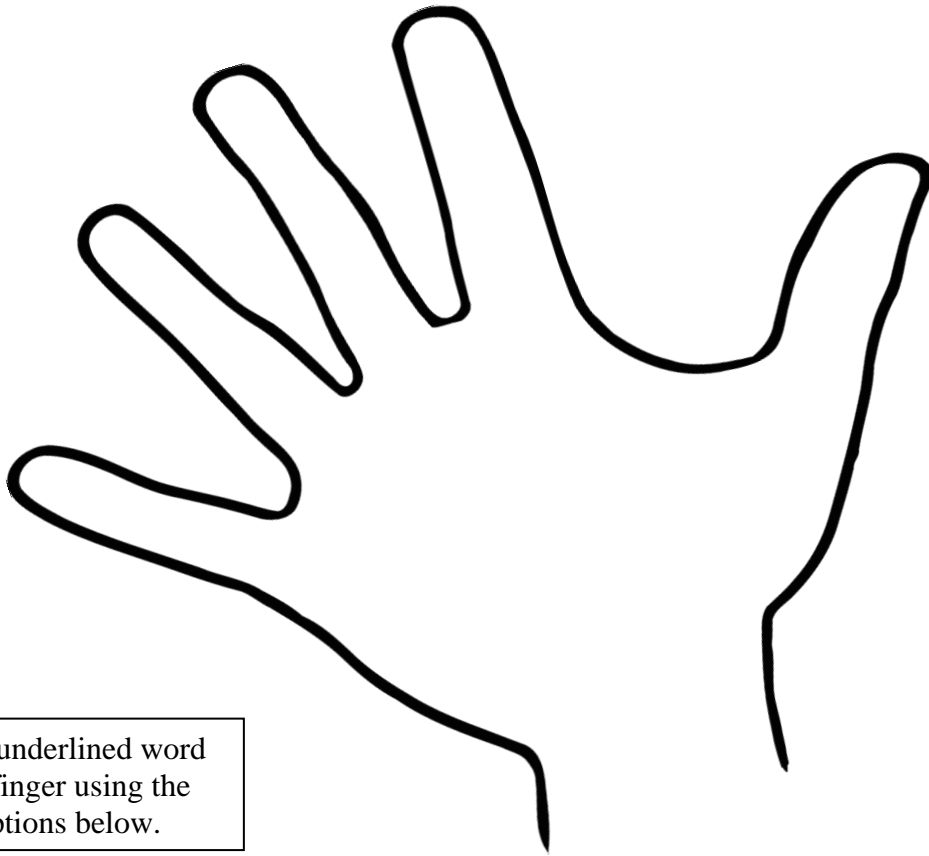
Begin talking to God every day this week. Put a ✓ mark in the box every day that you acknowledged God’s presence. *“In all your ways **acknowledge** Him, And He shall direct your paths.” Proverbs 3:6*

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

Take a moment to write a specific prayer request for the week.

Today’s Date _____

THE WORD HAND



Write the underlined word on each finger using the descriptions below.

THE WORD HAND IS AN EASY-TO-REMEMBER TOOL HIGHLIGHTING FIVE METHODS OF LEARNING FROM THE BIBLE. USE IT FOR YOUR OWN SPIRITUAL GROWTH AND TO SHARE WITH OTHERS.

HEARING

the Word from pastors and teachers provides fresh revelation and insight into the scriptures. The weakest finger-the pinkie-represents hearing, because we retain only 5% of what we hear.

"So then faith comes by hearing, and hearing by the word of God."

READING

the Word helps us to know God better. It is the foundation of a daily relationship. This is represented by the ring finger. We generally retain 15% of what we read.

"Blessed is he who reads and those who hear the words of this prophecy, and keep those things which are written in it"

STUDYING

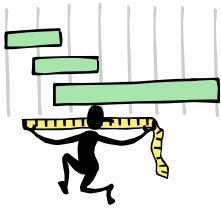
the Word deepens our understanding and results in increased Bible knowledge. Most people retain about 35%. This is represented by the middle finger. *"they received the word with all readiness, and searched the Scriptures daily to find out whether these things were so."*

MEMORIZING

God's Word enables us to recall it and live it daily, and to have verses readily available for ministering to others. This is represented by the index finger, our strongest finger. We remember 100% of what we memorize if we consistently review it. *"Your word I have hidden in my heart, That I might not sin against You."*

MEDITATION

is the inward process that accompanies each of the other four methods of scripture intake. This is why meditation is assigned to the thumb. Only the thumb can touch all the other fingers. By meditating on God's Word as we hear, read, study, and memorize we discover its, transforming power at work in us.



L-1 Spiritual Growth Home Assignment

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Fill in the blanks.

Name _____

Group Lead _____

1. According to Colossians 1:10, how do we begin growing spiritually? _____

2. Define the word "*become*" _____

3. According to Ephesians 1:5, who decided that we should become like Jesus Christ? _____

4. Give the 3 facts about spiritual growth:

- Fact #1. Spiritual Growth is not _____

- Fact #2. Spiritual Growth is a _____

- Fact #3. Spiritual Growth takes _____

5. "Continue to _____ in the _____ and _____ of our _____, Jesus Christ."

2 Peter 3:18 (GN)

6. Name the 3 areas of our lives that we need to make God # 1 in, our...
