

INTRODUCTION TO SPIRITUAL MATURITY

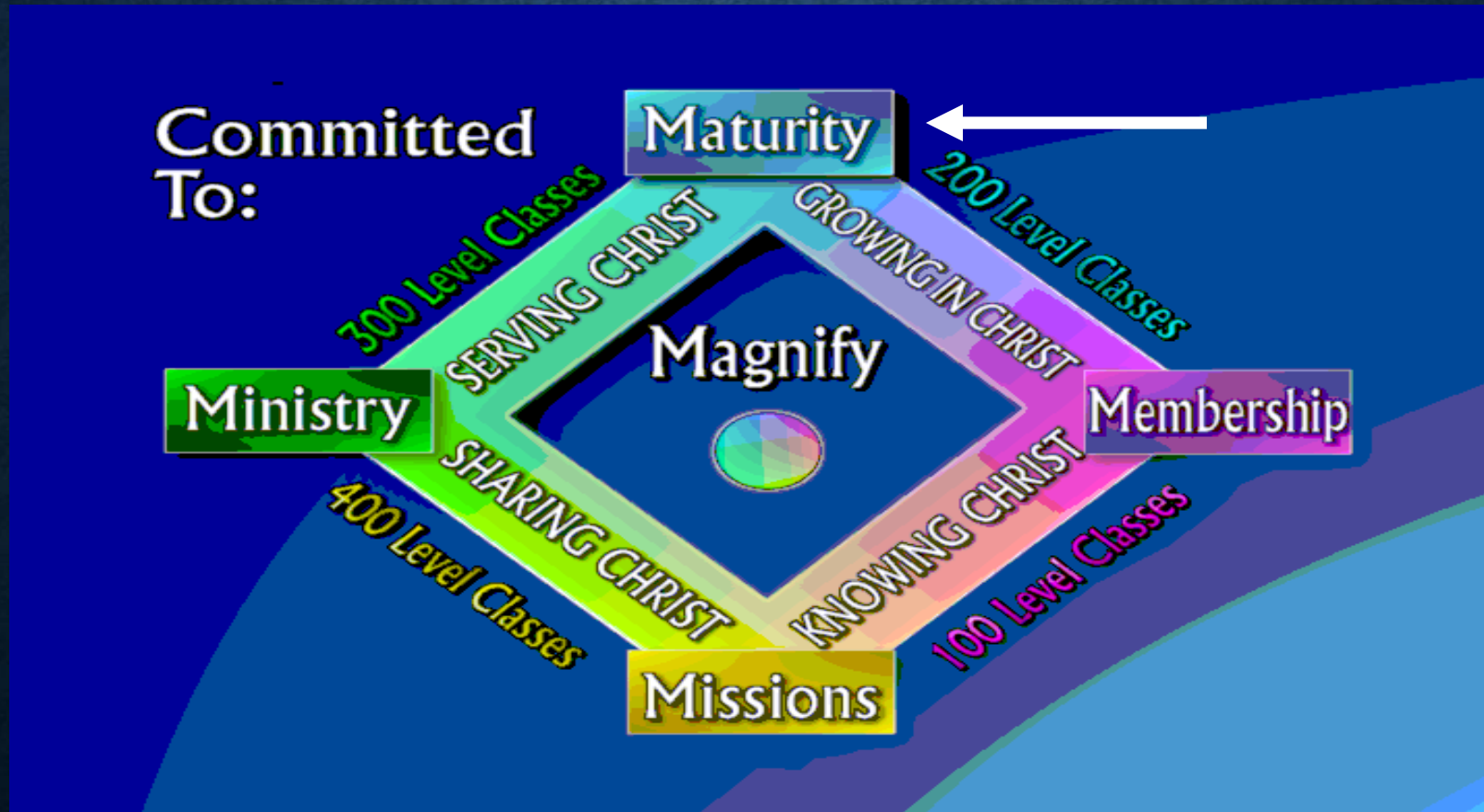
CLASS 201

Jubilee Christian Church

STEP 2: GROW



GROWING IN CHRIST!!!



STRENGTHENING THE COMMITTED!



THE PURPOSE OF THIS CLASS:



" ... that you may become mature Christians and may fulfill God's will for you."



Col. 4:12b (Ph)



"We are not meant to remain as children ... but to grow up in every way into Christ..." Eph. 4:14-15 (Ph)

THE FOCUS OF THIS CLASS:



We will focus on the **Four Basic Habits** every Christian needs to develop in order to grow to spiritual maturity. This class will ...



Equip you with the **skills** you need to begin these habits.



Explain the **tools** you need to continue these habits.

CLASS OUTLINE



PART ONE:



- **Introduction:
Spiritual Maturity and
Habits**



- **How to Get A
“Grasp” On Your Bible**



- **The Habit of A Daily
Time With God**

CLASS OUTLINE



PART TWO:



- **The Habit of Prayer: Talking with God**



- **How To Start And Maintain Good Habits**

THE GOAL OF THIS CLASS

That I will COMMIT to the habits necessary for spiritual maturity.

"In the past you voluntarily gave your bodies to the service of vice and ... the purposes of evil. So now give yourselves to the service of righteousness - for the purpose of becoming truly good."

Rom.6:19 (Ph)

WHAT IS "SPIRITUAL MATURITY"?

"...In the unity of common faith, and knowledge of the Son of God, we arrive at real maturity - the measure of development which is meant by 'the fullness of Christ.'"

Eph 4:13(Ph)

Spiritual Maturity is BEING LIKE CHRIST!

FACTS ABOUT SPIRITUAL MATURITY

1. IT'S NOT AUTOMATIC

"You have been Christians for a long time now, and you ought to be teaching others, but instead ... you need someone to teach you ... When a person is still living on milk, it shows he isn't very far along in the Christian life ... He's still a baby Christian!" Heb. 5:12-13 (LB)

FACTS ABOUT SPIRITUAL MATURITY

2. IT IS A PROCESS

"Learn to be mature."

Prov. 8:5 (GN)

*"Continue to grow in the grace and knowledge of our savior Jesus
Christ."*

2 Peter 3:18 (GN)

FACTS ABOUT SPIRITUAL MATURITY

3. IT TAKES DISCIPLINE

"Take the time and the trouble to keep yourself spiritually fit."

1 Tim. 4:7b (Ph)

"Discipline yourself for the purpose of godliness."(NASB)

UNDERSTANDING DISCIPLESHIP

1. Mature believers are called:

DISCIPLES

2. I cannot be a disciple without being:

DISCIPLINED

3. The more disciplined I become:

THE MORE GOD CAN USE ME!

UNDERSTANDING DISCIPLESHIP

4. The mark of a disciple is

CROSS-BEARING

(Jesus) *"Anyone who does not carry his cross and follow me cannot be my disciple."* Luke 14:27

5. How often am I to do this?

DAILY

UNDERSTANDING
DISCIPLESHIP

(Jesus) *"If anyone would come after Me, he must deny himself, and take up his cross **daily**, and follow Me."* Luke 9:23

UNDERSTANDING DISCIPLESHIP



6. What is involved
in "cross bearing"?



**WHATEVER IT
TAKES** to give Christ
first place in my
life!

FOUR HABITS OF A DISCIPLE

HOW CAN I BECOME A DISCIPLE?

Develop DISCIPLE HABITS

*"...You have **put off the old self** with its **HABITS**, and have put on the new self ... which God is continually renewing in His own image, to bring you to a full knowledge of Himself." Col. 3:9-10*

FOUR HABITS OF A DISCIPLE



1. TIME WITH 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

FOUR HABITS OF A DISCIPLE

2. PRAYER

*"If you remain in Me, and My words remain in you, then you will **ask for anything you wish**, and you shall have it ... in this way you become My disciples."*

John 15:7-8 (GN)

FOUR HABITS OF A DISCIPLE

3. TITHING

*"None of you can be My disciple unless **he gives up all of his possessions.**"*

Luke 14:33 (JB)

*"The purpose of tithing is to teach you to always **put God first** in your lives."*

Deut. 14:23 (LB)

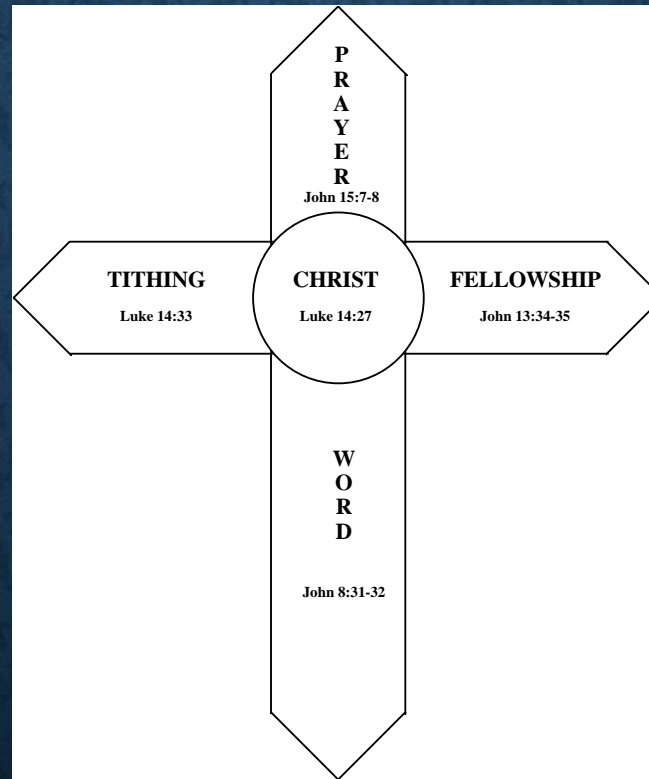
FOUR HABITS OF A DISCIPLE

4. FELLOWSHIP

*"Love each other just as much as I love you.
Your **strong love for each other** will prove to
the world that you are My disciples."*

John 13:34-35 (LB)

THE DISCIPLE'S CROSS



QUIZ 1

*What are the 4 Habits of a
Disciple?*

***THE HABIT OF A DAILY
TIME WITH GOD***

HOW TO HAVE A QUIET TIME

DEFINITION: *"A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer."*

THE IMPORTANCE OF A DAILY QUIET TIME

Your time alone with God should be the top priority in your schedule for five reasons:

1. We were CREATED to have fellowship with God.

"So God created man in his own image ..." Gen. 1:27,
2:7, 3:8

THE IMPORTANCE OF A DAILY QUIET TIME

2. Jesus DIED to make a relationship to God possible.

"God ... has invited you into this wonderful friendship with his Son, Christ our Lord."

1 Cor. 1:9 (LB)

THE IMPORTANCE OF A DAILY QUIET TIME

3. Personal time alone with God was Jesus' SOURCE OF STRENGTH

Mark 1:35, Luke 22:39, Luke 5:16

"Jesus often withdrew to lonely places and prayed."

THE IMPORTANCE OF A DAILY QUIET TIME

4. Every person who has been effective in *SERVICE* for God developed this habit.

Abraham, Moses, David, Daniel, Paul, etc.

THE IMPORTANCE OF A DAILY QUIET TIME

5. You cannot be a HEALTHY Christian without it!

*"Man cannot live on bread alone but on every word
that God speaks."*

Matt. 4:4 (GN)

THE PURPOSE OF A DAILY QUIET TIME

1. TO GIVE DEVOTION TO GOD.

"Give to the Lord the glory due to His name. Worship the Lord in the splendor of His holiness."

Ps. 29:2

THE PURPOSE OF A DAILY QUIET TIME

2. TO GET DIRECTION FROM GOD.

"Show me the path where I should go,

O Lord; point out the right road for me to walk.

Lead me ..."

Ps. 25:4 (LB)

THE PURPOSE OF A DAILY QUIET TIME

2 Things To Do In A Quiet Time

Consider your way: *"Ponder the path of your feet and let all your ways be established."* Prov. 4:26 (KJV)

Commit your day: *"Commit everything you do to the Lord. Trust Him to help you do it and He will."* Ps. 37:5 (LB)

THE PURPOSE OF A DAILY QUIET TIME

3. TO GAIN DELIGHT IN GOD.

*"Delight yourself in the Lord; and He will
give you the desires of your heart."*

Ps. 37:4 (KJV)

**THE
PURPOSE
OF A
DAILY
QUIET
TIME**

**FACT: The better I get to know
Christ, the more I LOVE HIM.**

*The objective of your Quiet Time is not
to study **about** Christ, but to actually
spend time with Him!*

THE PURPOSE OF A DAILY QUIET TIME

4. TO GROW MORE LIKE GOD.

“Jesus has the power of God, by which He has given us everything we need to live and to serve God. We have these things because we know Him.... With these gifts you can share in being like God” 2 Pet. 1:4 (NCV)

HOW TO BEGIN A DAILY QUIET TIME

1. SELECT A SPECIFIC TIME.

- The best time to have a quiet time is when I am *AT MY BEST!*
- Whatever time you set, *BE CONSISTENT*



HOW TO BEGIN A DAILY QUIET TIME

2. CHOOSE A SPECIAL PLACE.

"Jesus left the city and went, as He usually did, to the Mount of Olives ... to pray."

Luke 22:39 (GN)

HOW TO BEGIN A DAILY QUIET TIME



3. GATHER THE RESOURCES YOU'LL NEED.



A Bible - with readable print.



A Notebook - to write down what
the Lord speaks to you about,
and to keep your prayer list.



A Songbook - if you want to sing.

HOW TO BEGIN A DAILY QUIET TIME

4. BEGIN WITH THE RIGHT ATTITUDES

- **REVERENCE**

"Be still, and know that I am God." Ps. 46:10

- **EXPECTANCY**

"Open my eyes to see wonderful things in Your Word." Ps. 119:18
(LB)

- **OBEDIENCE**

"The thing you should want most is God's kingdom and doing what God wants" Mat t. 6:33 (NCV)

5. FOLLOW A SIMPLE PLAN

RELAX (1
Min)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God. See the section on "How To Read God's Word".

READ A
VERSE (4
Min)

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

REFLECT
ON THE
VERSE (4
Min)

See the section on "How To Meditate on God's Word".

5. FOLLOW A SIMPLE PLAN (CONTD.)

RECORD
WHAT GOD
SAID (2
Min)

See the section on "How To Apply God's Word".

REQUEST
(4 Min)

See the section on "The Habit of Prayer". Conclude your Quiet Time by talking to God about what He has shown you and making your requests from your prayer list.

HOW TO OVERCOME THE PROBLEMS WITH QUIET TIME

- **Discipline**
- **Distractions**
- **Dryness**
- **Diligence**

THE PROBLEM OF DISCIPLINE

Suggestions

1. Go to bed ON TIME.
2. Get up IMMEDIATELY.
3. Be aware of quiet time ROBBERS.
4. Fall asleep thinking SPIRITUAL THOUGHTS.

THE PROBLEM OF DISTRACTIONS

Suggestions

Get out of *BED.*

Get thoroughly *AWAKE.*

Read and pray *ALOUD.*

WALK during your prayer time.

Keep a *JOURNAL.*

**THE
PROBLEM
OF
DRYNESS**

Sometimes you will feel like you're not getting anything out of your quiet time. (*"The Battle of the Blahs"*)

Never judge your quiet time by your FEELINGS.

THE PROBLEM OF DILIGENCE

Your greatest problem will be your struggle to stay consistent. I find Satan fights nothing harder than my quiet time.

THE PROBLEM OF DILIGENCE

What if I miss a day?

•Don't BECOME GUILTY.

•Don't BECOME LEGALISTIC.

•Don't GIVE UP!

THE PROBLEM OF DILIGENCE

It takes *THREE (3)* weeks for you to become familiar with a new task. Then it takes another *THREE (3)* weeks before it becomes a comfortable habit.

QUIZ 2

*What are some of the
problems with Quiet Time?*

***HOW TO GET A
“GRASP” ON YOUR BIBLE***

HEARING GOD'S WORD



*"Faith comes from **hearing** the Word of God."* Rom. 10:17



Ways to Hear God's Word



The Bible on tape



Church services & studies



Sermon tapes



Radio/TV teachers

**HEARING
GOD'S
WORD**

**PROBLEM: We forget
95% of what we hear
after 72 hours.**

HOW TO IMPROVE YOUR HEARING

1. Be ready and eager to hear God.

(Jesus) *"He who has ears to hear, let him hear!"* Luke 8:8

"How sweet are your words to my taste, sweeter than honey to my mouth!"

Psalm 119:103

HOW TO IMPROVE YOUR HEARING

2. Deal with attitudes that prevent hearing God (Luke 8:4-15)

"Consider carefully how you listen ..." Luke 8:18

ATTITUDES THAT PREVENT HEARING



A Closed Mind: Is fear, pride or bitterness preventing me from hearing God?



A Superficial Mind: Am I serious about wanting to hear God speak?



A Preoccupied Mind: Am I too busy and concerned with other things to concentrate on what God has to say?

HOW TO IMPROVE YOUR HEARING

3. Confess any sin in your life.

"... Get rid of all moral filth and humbly accept the Word..."

James 1:21



HOW TO IMPROVE YOUR HEARING

4. Take notes on what you hear.

*“We must pay more **careful attention** to what we've heard, so that we do not drift away!” Heb. 2:1*

Keep a Spiritual Notebook

HOW TO IMPROVE YOUR HEARING

5. Act on what you hear!

“Do not merely listen to the Word, and so deceive yourselves. Do what it says!” James 1:22

*“Whoever ... does not simply listen and then forget, **but puts it into practice** - that person will be blessed in what he does.”*

James 1:25 (GN)

HOW TO READ GOD'S WORD

*"Happy is the one who **reads** this book ... and obeys what is written in it!"*

Rev. 1:3 (GN)

How often should I read God's Word? **DAILY**



HOW TO READ GOD'S WORD

If I read approximately 15 minutes a day, I can read through the Bible once a year.



HOW TO STUDY GOD'S WORD

*"... they accepted the message eagerly and
studied the Scriptures everyday ..."*

Acts 17:11 (Ph)

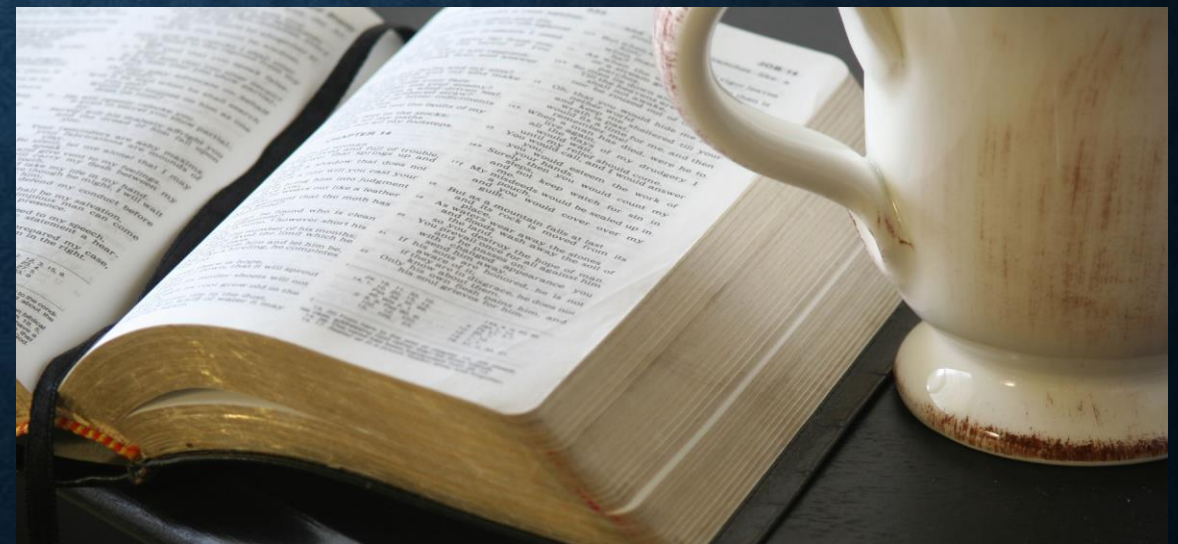
*"Be a good workman ... **Know what His Word says**
and means."*

2 Tim. 2:15

HOW TO STUDY GOD'S WORD

The difference between reading and studying the Bible is that you **TAKE NOTES** when you study.

The secret of effective Bible study is knowing how to **ASK THE RIGHT QUESTIONS.**



HOW TO MEMORIZE GOD'S WORD

"Guard my words as your most precious possession. Write them down, and also keep them deep within your heart."

Prov. 7:2-3 (LB)

BENEFITS OF MEMORIZING SCRIPTURE

1. It helps me resist temptation.

"I have hidden your Word in my heart that I might not sin against you." Ps. 119:11

2. It helps me make wise decisions.

"Your Word is a lamp to guide me and a light for my path." Ps. 119:105

BENEFITS OF MEMORIZING SCRIPTURE

3. It strengthens me when I'm under stress.

"...Your promises to me are my hope. They give me strength in all my troubles; how they refresh and revive me!" Ps. 119:49 (LB)

4. It comforts me when I'm sad.

"Your words are what sustain me ... They bring joy to my sorrowing heart and delight me." Jer. 15:16 (LB)

5. It helps me witness to unbelievers.

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have."

1 Peter 3:15

BENEFITS OF MEMORIZING SCRIPTURE

THREE KEYS TO MEMORIZING: REVIEW, REVIEW, REVIEW

We remember what is IMPORTANT TO US.

QUIZ 3

*What are some of the benefits of
Memorizing The Word of God?*

HOW TO MEDITATE ON GOD'S WORD



*"(Those) who are always **meditating** on His Laws ... are like trees along a river bank bearing fruit ... they never wither and whatever they do prospers." Ps. 1:2-3 (LB)*



Meditation is **FOCUSED THINKING** about a Bible verse in order to discover how I can apply its truth to my own life.

**WHY
MEDITATE
ON
SCRIPTURE?**

**1. It is the key to
becoming like Christ.**

**2. It is the key to
answered prayer.**

**3. It is the key to
successful living.**

**SIX WAYS
TO
MEDITATE
ON A
VERSE**

- 1. Picture it**
- 2. Pronounce it**
- 3. Paraphrase it**
- 4. Personalize it**
- 5. Pray it**
- 6. Probe it**

HOW TO MEDITATE ON SCRIPTURE

S.P.A.C.E.P.E.T.S.

**Questions to ask yourself as
you read a verse**

S.P.A.C.E.P.E.T.S.

Is there any

SIN TO CONFESS?

PROMISE TO CLAIM?

ATTITUDE TO CHANGE?

COMMAND TO KEEP?

EXAMPLE TO FOLLOW?

S.P.A.C.E.P.E.T.S.

Is there any

PRAYER TO PRAY?

ERROR TO AVOID?

TRUTH TO BELIEVE?

SOMETHING TO THANK GOD FOR?

QUIZ 4

*What are some questions to consider
as you meditate on the Word of God?*

HOW TO APPLY GOD'S WORD

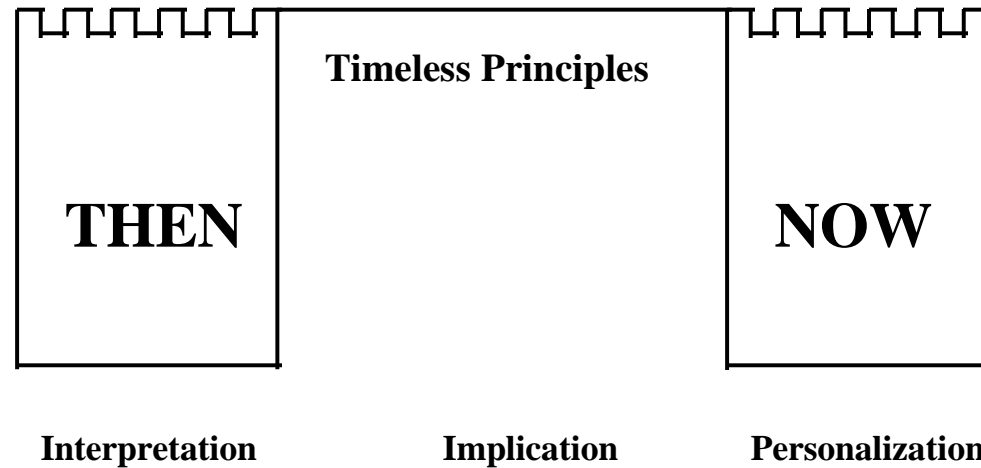
"Do not fool yourselves by just listening to the Word. Instead, put it into practice." James 1:22

"...Whoever practices and teaches these commands will be called great in the kingdom of heaven."

Matt. 5:19

HOW TO APPLY SCRIPTURE

The Application Bridge



HOW TO APPLY GOD'S WORD

4 MARKS OF A GOOD APPLICATION PROJECT

- It's PERSONAL
- It's PRACTICAL
- It's POSSIBLE
- It's PROVABLE

THE HABIT OF PRAYER

APPROACH PRAYER... RIGHT ATTITUDE

BE REAL!

"When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men."

vs. 5

Don't try to **IMPRESS GOD!**

Don't try to **IMPRESS OTHERS!**

APPROACH PRAYER... RIGHT ATTITUDE

BE RELAXED!

"But when you pray go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you." vs. 6

APPROACH PRAYER... RIGHT ATTITUDE

BE REVEALING!

"Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need before you ask Him! vs. 7-8 (LB)

USE THE MODEL JESUS GAVE US

1. PRAISE:

I BEGIN BY EXPRESSING LOVE TO GOD!

"Our Father in heaven, hallowed be Your name.."

HOW TO PRAISE GOD:

KEY: GOD'S CHARACTER is the basis for our boldness in making requests in prayer. God answers the prayers that acknowledge who He is!

USE THE MODEL JESUS GAVE US

2. PURPOSE:

I COMMIT MYSELF TO DOING GOD'S WILL!

*"Your kingdom come, Your will be done,
on earth as it is in heaven ..."*

USE THE MODEL JESUS GAVE US

3. PROVISION:

I ASK GOD TO PROVIDE MY DAILY NEEDS!

*"Give us today our **daily** bread ..."*

What needs can I pray about? ALL OF THEM!

THE KEY: BE SPECIFIC!

USE THE MODEL JESUS GAVE US

4. PARDON:

I ASK GOD TO *FORGIVE MY SINS!*

5. PEOPLE:

I PRAY FOR *OTHER PEOPLE!*

"... as we have also forgiven our debtors."

USE THE MODEL JESUS GAVE US

6. PROTECTION:

I ASK FOR SPIRITUAL PROTECTION!

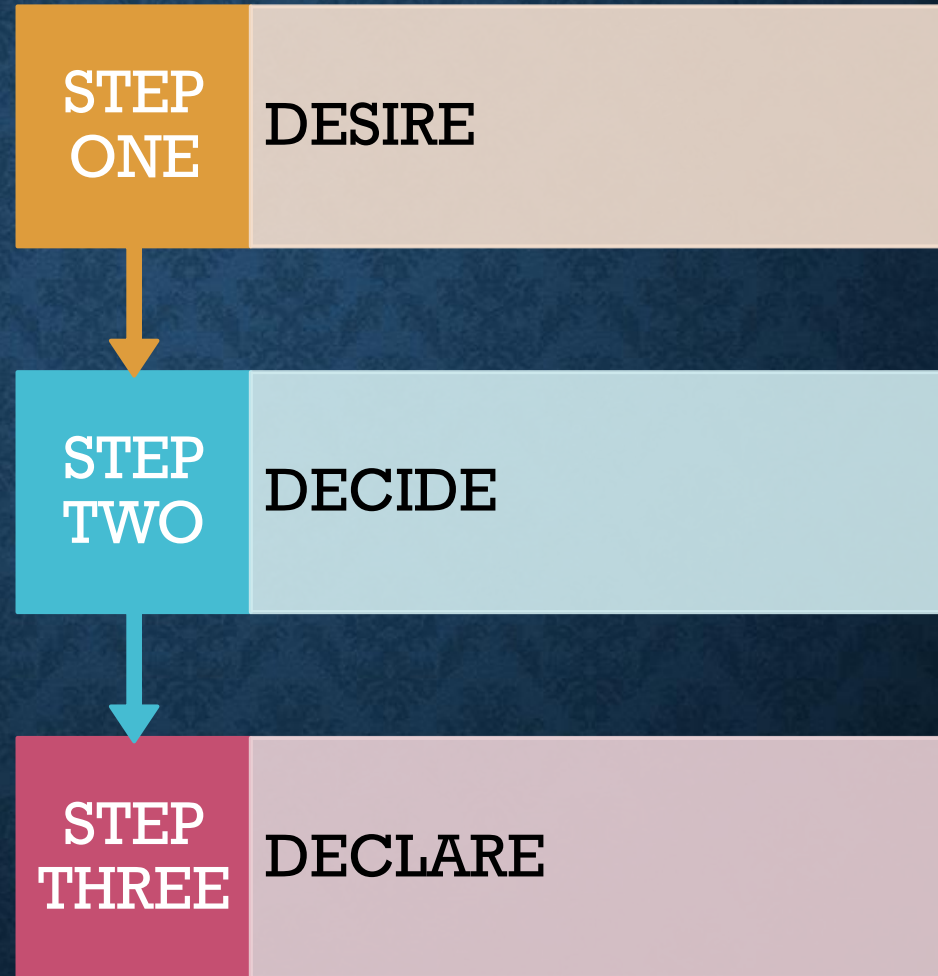
"And lead us not into temptation but deliver us from the evil one." (vs. 13)

QUIZ 5

*What model did Jesus give us
to pray?*

***HOW TO START
AND MAINTAIN
GOOD HABITS***

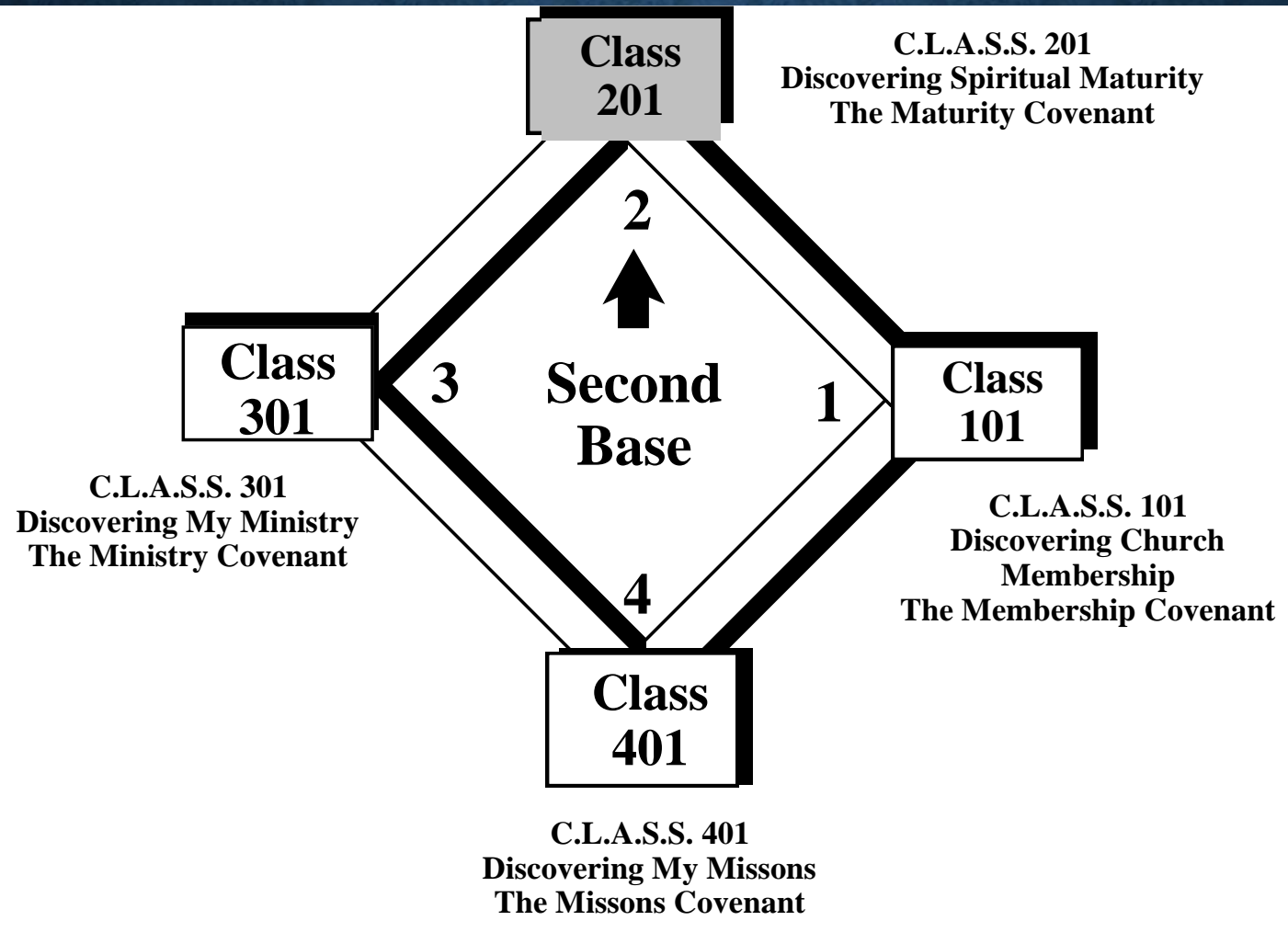
HOW TO START & MAINTAIN HABITS



HOW TO START & MAINTAIN HABITS



WHAT NOW?



QUIZ 6

What is the next growth class for you to attend?

Please submit the responses to all the quiz questions for this session to ec3harte@gmail.com

Thank you for your attention today

Congratulations!

You Have Completed CLASS 201 (**Grow**)

