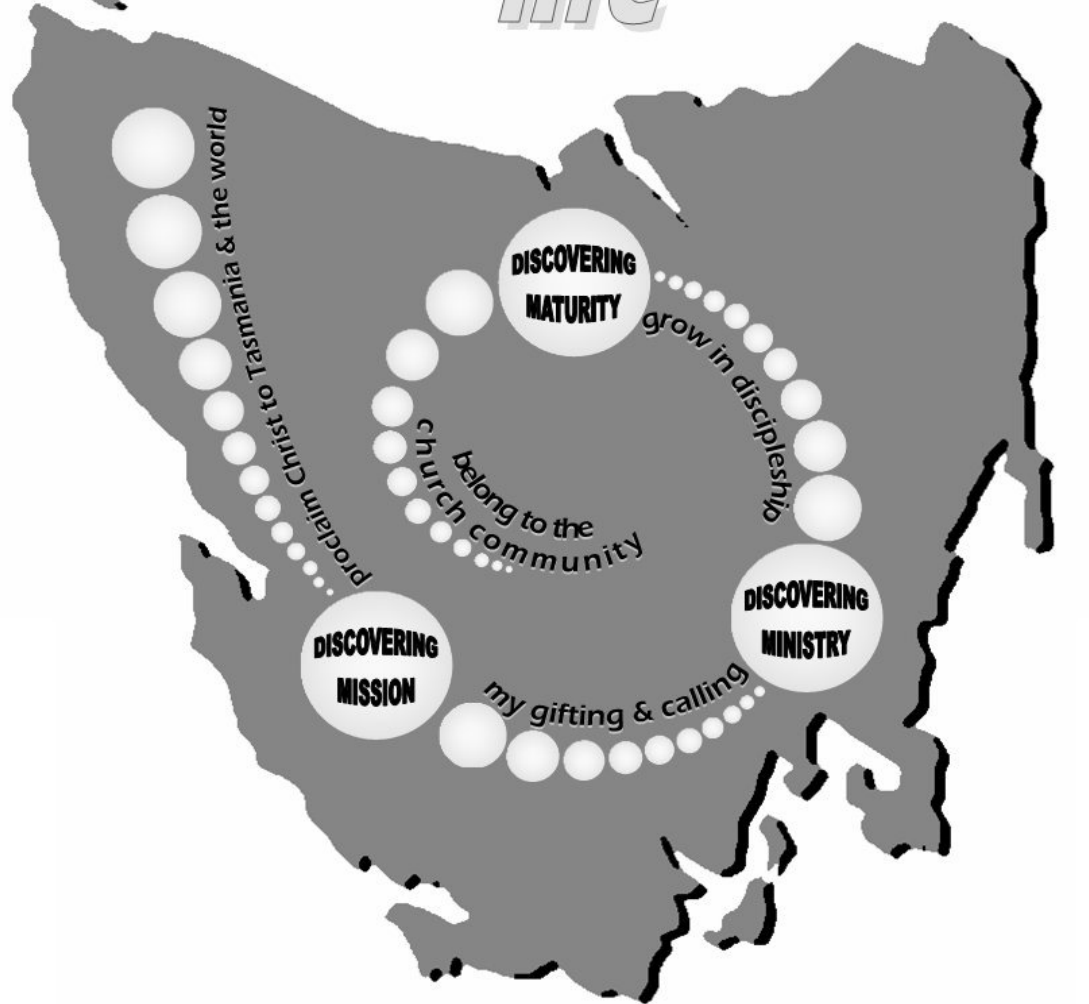


discovering christian life



Diocese of Tasmania 2008

Teacher's manual

WELCOME TO DISCOVERING SPIRITUAL MATURITY

We're glad you are here! This class is the first of three basic courses. We are excited that you are here to learn about Jesus and grow in your discipleship.

COURSE OUTLINE

	Page no
<u>SESSION ONE:</u>	
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• Getting a 'grasp' on my bible	6
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SESSION 1A INTRODUCTION TO THE COURSE

THE GOAL OF THIS COURSE

That I will **(commit)** to the habits necessary for spiritual maturity.

“Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness.”

Rom 6:19

Spiritual maturity is holiness.

“It is he (Christ) whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.”

Col 1:28

Spiritual maturity is being like Jesus Christ.

2 Cor 3:18

THE PURPOSE OF THIS COURSE

“We have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding,¹⁰ so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God.”

Col 1:9-10

“He (Ephaphras) is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured.”

Col 4:12

THE FOCUS OF THIS COURSE

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.
- Provide a **framework** within which to practice these habits

SESSION 1B WHAT IS “SPIRITUAL MATURITY”?

“Until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.”

Eph 4:13

Spiritual Maturity is (being like Jesus Christ)

“For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.”

Rom 8:29

FACTS ABOUT SPIRITUAL MATURITY

1. It is not automatic

“In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.”

Heb 5:12-13

2. It is a process

“But grow in the grace and knowledge of our Lord and Saviour Jesus Christ.”

2 Pet 3:18

There are no shortcuts!

3. It takes discipline

“Train yourself to be godly.”

1 Tim 4:7b

“Discipline yourself for the purpose of godliness.”

(NASB)

UNDERSTANDING DISCIPLESHIP

1. Followers are called (disciples)

(Jesus said) “Anyone who does not carry his cross and follow me cannot be my disciple.”

Lk 14:27

FOUR HABITS OF A DISCIPLE

How can I become a disciple?

Develop **(disciple habits)**

"...since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of it's Creator."

Col 3:9-10

1. Time with God's word

"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

Jn 8:31-32

2. Prayer

"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

Jn 15:7-8

3. Giving

"In the same way, any of you who does not give up everything he has cannot be my disciple."

Lk 14:33

"A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord."

Lev 27:30

4. Fellowship

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another."

Jn 13:34-35

"CAN'T HELP MYSELF" GOOD HABITS

Definition of Habit

A continual, often unconscious inclination to do a certain activity, acquired through frequent repetition (Webster's Dictionary)

Pass it on!

This material is not designed only to help you grow but also to help you train your children.

Deut 6:4-8

SESSION 1C GETTING A 'GRASP' ON MY BIBLE

"All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work."

2 Tim 3:16-17

SIX WAYS TO GET A GRASP ON MY BIBLE

1. How to hear God's word

"Consequently, faith comes from hearing the message, and the message is heard through the word of Christ."

Rom 10:17

- Ways to Hear God's Word

- The Bible on CD, Ipod
- Church services & studies
- Sermon CD's, podcasts

Problem: We forget **(95%)** of what we hear after 72 hours

How to improve my hearing:

i. Be ready and eager to hear God.

(Jesus) *"Let anyone with ears to hear listen!"*

Lk 8:8

"How sweet are your words to my taste, sweeter than honey to my mouth! Ps 119:103

ii. Deal with attitudes that prevent you from hearing God - Lk 8:4-15

"Consider carefully how you listen..."

Lk 8:18

- A closed mind: Is fear, pride or bitterness preventing me from hearing God?
- A superficial mind: Am I really 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?

iii. Confess any sin in your life

"Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you."

Ja 1:21

iv. 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!

v. Act on what you hear!

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

“But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act — they will be blessed in their doing.”
Ja 1:25

2. How to read God’s word

“But their delight is in the law of the LORD, and on his law they meditate day and night.”
Ps 1:2

What is the attitude with which to read God’s Word? **(Delight)**

How often should I read God’s Word? **(Daily)**

SUGGESTIONS

- Read the Bible:
 - systematically
 - without notes
 - in different translations
 - in easy reading styles: The Message, Good News, Living Bible
 - aloud or quietly to yourself
 - underlining or colour coding key verses
- Choose a reading plan and stick with it
- Listen to the Bible on CD or Ipod

BE INSPIRED! If I read approximately (15) minutes a day, I can read through the Bible once a year. PTL!

A BIBLE READING PLAN THROUGH THE NEW TESTAMENT IN 30 DAYS

- | | |
|------------------|-----------------------------------|
| 1. Matthew 1-9 | 18. Romans 1-8 |
| 2. Matthew 10-15 | 19. Romans 9-16 |
| 3. Matthew 16-22 | 20. 1 Corinthians 1-9 |
| 4. Matthew 23-28 | 21. 1 Corinthians 10-16 |
| 5. Mark 1-8 | 22. 2 Corinthians 1-13 |
| 6. Mark 9-16 | 23. Galatians – Ephesians |
| 7. Luke 1-6 | 24. Philippians – 2 Thessalonians |
| 8. Luke 7-11 | 25. 1 Timothy – Philemon |
| 9. Luke 12-18 | 26. Hebrews |
| 10. Luke 19-24 | 27. James – 2 Peter |
| 11. John 1-7 | 28. 1 John – 3 John |
| 12. John 8-13 | 29. Revelation 1-11 |
| 13. John 14-22 | 30. Revelation 12-22 |
| 14. Acts 1-7 | |
| 15. Acts 8-14 | |
| 16. Acts 15-21 | |
| 17. Acts 22-28 | |

BIBLE READING MASTER RECORD - NEW TESTAMENT

- When you have read a chapter, mark a diagonal line through the square.
- Use a different colour when you have read the chapter a second time.
- Beside each book write the date and year you finished reading it.

Matthew		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
Mark		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Luke		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24					
John		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21								
Acts		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
Romans		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16													
1 Corinthians		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16													
2 Corinthians		1	2	3	4	5	6	7	8	9	10	11	12	13		
Galatians		1	2	3	4	5	6									
Ephesians		1	2	3	4	5	6									
Philippians		1	2	3	4											
Colossians		1	2	3	4											
1 Thessalonians		1	2	3	4	5										
2 Thessalonians		1	2	3												
1 Timothy		1	2	3	4	5	6									
2 Timothy		1	2	3	4											
Titus		1	2	3												
Philemon		1														
Hebrews		1	2	3	4	5	6	7	8	9	10	11	12	13		
James		1	2	3	4	5										
1 Peter		1	2	3	4	5										
2 Peter		1	2	3												
1 John		1	2	3	4	5										
2 John		1														
3 John		1														
Jude		1														
Revelation		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22							

BIBLE READING MASTER RECORD – OLD TESTAMENT

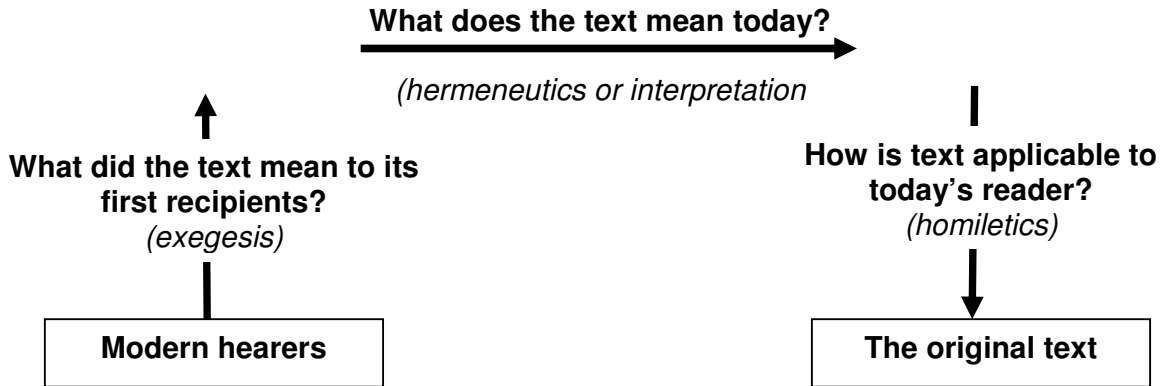
Genesis		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29	30	31	32	33	34	35	36	37	38	39	40	41	42
		43	44	45	46	47	48	49	50						
Exodus		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29	30	31	32	33	34	35	36	37	38	39	40		
Leviticus		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	
Numbers		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29	30	31	32	33	34	35	36						
Deuteronomy		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29	30	31	32	33	34								
Joshua		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24				
Judges		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21							
Ruth		1	2	3	4										
1 Samuel		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21							
2 Samuel		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24				
1 Kings		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22						
2 Kings		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25			
1 Chronicles		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29													
2 Chronicles		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		39	30	31	32	33	34	35	36						
Ezra		1	2	3	4	5	6	7	8	9	10				
Nehemiah		1	2	3	4	5	6	7	8	9	10	11	12	13	
Esther		1	2	3	4	5	6	7	8	9	10				
Job		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
		29	30	31	32	33	34	35	36	37	38	39	40	41	42

Psalms		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		29	30	31	32	33	34	35	36	37	38	39	40	41	42	
		43	44	45	46	47	48	49	50	51	52	53	54	55	56	
		57	58	59	60	61	62	63	64	65	66	67	68	69	70	
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	
		85	86	87	88	89	90	91	92	93	94	95	96	97	98	
		99	100	101	102	103	104	105	106	107	108	109	110	111	112	
		113	114	115	116	117	118	119	120	121	122	123	124	125	126	
		127	128	129	130	131	132	133	134	135	136	137	138	139	140	
		141	142	143	144	145	146	147	148	149	150					
Proverbs		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		29	30	31												
Ecclesiastes		1	2	3	4	5	6	7	8	9	10	11	12			
Song of Songs		1	2	3	4	5	6	7	8							
Isaiah		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		29	30	31	32	33	34	35	36	37	38	39	40	41	42	
		43	44	45	46	47	48	49	50	51	52	53	54	55	56	
		57	58	59	60	61	62	63	64	65	66					
Jeremiah		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		29	30	31	32	33	34	35	36	37	38	39	40	41	42	
		43	44	45	46	47	48	49	50	51	52					
Lamentations		1	2	3	4	5										
	Ezekiel		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	
		29	30	31	32	33	34	35	36	37	38	39	40	41	42	
	43	44	45	46	47	48										
Daniel		1	2	3	4	5	6	7	8	9	10	11	12			
Hosea		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Joel		1	2	3												
Amos		1	2	3	4	5	6	7	8	9						
Obadiah		1														
Jonah		1	2	3	4											
Micah		1	2	3	4	5	6	7								
Nahum		1	2	3												
Habakkuk		1	2	3												
Zephaniah		1	2	3												
Haggai		1	2													
Zechariah		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Malachi		1	2	3	4											

3. How to study God’s word

“Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.” Acts 17:11

The process of interpreting the Bible can be divided into three stages. The following model is borrowed from Graeme Goldsworthy, *Gospel and Kingdom*.



SUGGESTED RESOURCES FOR BIBLE STUDY

How To Read The Bible For All Its Worth (3rd Edition) Fee Gordon D, Stuart Douglas.

Study Bibles

- The Life Application Study Bible (Zondervan)
- The Quest Study Bible (Zondevan)
- The NIV Study Bible (Zondervan)

Other important study tools

A complete concordance to match your translation or a Bible on computer programme such as “Quickverse”.

- “The New Bible Dictionary” (I.V.P.)
- “The Baker Encyclopedia of the Bible” (Baker)
- “The New Bible Commentary” (I.V.P.)
- “The New Bible Atlas” (I.V.P.)
- “Lion Handbook of the Bible” (Lion)
- “Complete Bible on CD” (Zondervan)

4. How to memorise God's word

"Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart."

Prov 7:2-3

5 BENEFITS OF MEMORISING SCRIPTURE

i. It helps me resist temptation.

"I have hidden your Word in my heart that I might not sin against you." Ps119:11

ii. It helps me make wise decisions.

"Your word is a lamp to my feet and a light for my path" Ps 119:105

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

"Remember your word to your servant, for you have given me hope." Ps119:45

iv. It comforts me when I'm sad.

"When your words came I ate them; they were my joy and my heart's delight for I bear your name O Lord God Almighty." Jer 15:16

v. 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. But do this with gentleness and respect."

1 Pet 3:15

WHEN TO MEMORISE A VERSE

- During your quiet time
- While exercising
- While waiting (spare moments)
- At bedtime (Ps 63:6)

HOW TO MEMORISE A VERSE

- Pick a verse that speaks to you
- Say the reference before and after the verse
- Read the verse aloud many times. Record it!
- Break the verse into natural phrases.
- Emphasise key words when quoting the verse.
- Write down the verse and erase one word at a time.
- Write out the verse on a flash card.
- Carry some cards with you at all times for review.
- Display your verses
- Always memorise the verse word perfect.
- Put the verse to music. Write a song!
- Get a 'memory verse partner' so you can check each other.

Suggested beginning rate: 2 new verses a week.

Three keys to memorising

(review)

(review)

(review)

We remember what is **(important)**

"The law from your mouth is more precious to me than thousands of pieces of silver and gold."

Ps 119:72

SCRIPTURE MEMORY COURSE

The following verses suggest a “balance” in Scripture Memory. The verses selected are key verses in understanding the foundations of the Christian Life and Christian Growth. Do not feel tied-down to this suggested list. This is only a tool to lead you in an understanding of the importance of memorising “key” verses.

Live the New Life:

Christ the Centre	2 Cor 5:17; Gal 2:20
Obedience to Christ	Rom 12:1; Jn 14:21
The Word	2 Tim 3:16; Josh 1:8
Prayer	Jn 15:7; Phil 4:6-7
Fellowship	Matt. 18:20; Heb 10:24
Witnessing	Matt. 4:19; Rom 1:16

Proclaim Christ:

All Have sinned	Rom 3:23; Isa 53:6
Sin’s Penalty	Rom 6:23; Heb 9:27
Christ Paid the Penalty	Rom 5:8; 1 Pet 3:18
Salvation Not by Works	Eph 2:8-9; Titus 3:5
Must Follow Christ	Jn 1:12; Rom 10:9
Assurance of Salvation	1 Jn 5:13; Jn 5:24

Rely of God’s Resources:

God’s Spirit	1 Cor 3:16; 1 Cor 2:12
God’s Strength	Isa 41:10; Phil 4:13
God’s Faithfulness	Lam 3:22; Num 23:19
God’s Peace	Isa 26:3; 1 Pet 5:7
God’s Provision	Rom 8:32; Phil 4:19
God’s Help in Temptation	Heb 2:18; Ps 9:9,11

Be Christ’s Disciple:

Put Christ First	Matt 6:33; Lk 9:23
Separate from the world	1 Jn 2:15-16; Rom 12:2
Be Steadfast	1 Cor 15:58; Heb 12:3
Serve Others	Mk 10:45; 2 Cor 4:5
Give Generously	Prov 3:9-10; 2 Cor 9:6-7
Develop World Vision	Acts 1:8; Matt 28:19-20

Grow in Christ Likeness:

Love	Jn 13:34-35; 1 Jn 3:18
Humility	Phil 2:3-4; 1 Pet 5:5-6
Purity	Eph 5:3; 1 Pet 2:11
Honesty	Lev 19:11; Acts 24:16
Faith	Heb 11:6; Rom 4:20-21
Good Works	Gal 6:9-10; Matt 5:16

5. HOW TO MEDITATE ON GOD'S WORD

"But their delight is in the law of the LORD, and on his law they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper." Ps 1:2-3

Meditation is **(focussed 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 tells us of Jesus, whom we are called to imitate

"Be transformed by the renewing of your mind."

Rom 12:2

2. It tells us of other disciples of Jesus who are examples to us

"And you became imitators of us and of the Lord."

1 Thess 1:6

3. It aids us in prayer life

"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you."

Jn 15:7

4. It provides us with guidelines for living

"Your word is a lamp to my feet and a light to my path."

Ps 119:105

Six ways to meditate on a verse

1. Picture it!

Visualise the scene in your mind

2. Pronounce it!

Say the verse aloud, each time emphasising a different word.

3. Paraphrase it!

Rewrite the verse in your own words.

4. Personalise it!

Replace the pronouns or people in the verse with your own name.

5. Pray it!

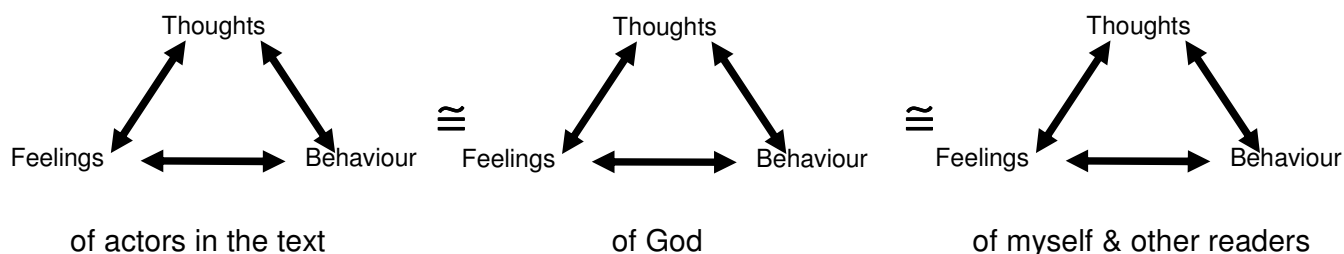
Turn the verse into a prayer and say it back to God.

6. Play it!

If the Bible is like a record of God's divine drama played out with his people in the past, how would you enact the themes of this drama today?

ANOTHER WAY TO MEDITATE ON SCRIPTURE:

Sometimes we spend most of our time trying to understand what a given passage means, rather than asking what does the passage do? Many of the narrative passages, for example, are not complex. The interesting question becomes understanding the purpose of the story. What follows is a diagram that may help you do this.



A NOTE ON JOURNALING

This framework can be used for journaling. Write on your piece of paper:

1. What thoughts, feelings and behaviours are occurring for the subjects in the text (e.g. the disciples, the Israelites etc)
2. What thoughts, feelings and behaviours are occurring for God?
3. What thoughts, feelings and behaviours does this passage elicit from me?

6. HOW TO APPLY GOD’S WORD

*“Do not merely listen to the word, and so deceive yourselves. Do what it says.”
Ja 1:22*

*“Whoever practices and teaches these commands will be called great in the kingdom of
heaven.”
Matt 5:19*

Ask yourself the following questions:

- What did it mean to the original hearers?
- What are the underlying themes or principles?
- Where or how could I enact them today?

Write out a sentence that describes a project or action you will do to apply the truth.

Most applications will focus on one of 3 **(relationships)**

With God

With other people

Within myself

3 Marks of a Good Application Project

- It’s **(Personal)**
- It’s **(Practical)**
- It’s **(Possible)**

“Now that you know these things, you will be blessed if you do them.” Jn 13:17

SESSION 2.A HABIT ONE: A DAILY TIME WITH GOD

*“But those who look into the perfect law, the law of liberty, **and persevere**, being not hearers who forget but doers who act—they will be blessed in their doing.”* Ja 1:25

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.”

1. 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

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.”

Rev 3:20

2. Jesus (died) to make a relationship with God possible.

“God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.”

1 Cor 1:9

3. Personal time alone with God was Jesus’ (source of strength)

“Jesus often withdrew to lonely places and prayed.”

Mk 1:35, Lk 22:39-46, Lk 5:16

4. Every person who has been effective in (service) for God developed this habit.

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

5. You cannot be a (healthy, growing) Christian without it!

Jesus answered, “It is written: ‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

Matt 4:4

2. The purpose of a daily quiet time

1. To give (Devotion) to God

“Ascribe to the Lord the glory due his name; worship the Lord in the splendour of his holiness.”

Ps 29:2

- God deserves our devotion!
- God desires our devotion!

Rev 4:11

Jn 4:23

2. To get (Direction) from God.

“Show me your ways, O Lord, teach me your paths, guide me in your truth.”

Ps 25:4-5

Two things to do in a quiet time

- Consider your way:

“in all your ways acknowledge him, and he will make your paths straight.” Prov 3:6

- Commit your day

“Commit your way to the Lord; trust in him and he will do this.”

Ps 37:5

3. To gain (Delight) in God.

“Delight yourself in the Lord; and he will give you the desires of your heart.” Ps 37:4

FACT: The better I get to know Christ, the more (I love him)

The object of your Quiet Time is not to study about Christ, but to actually spend time with him!

4. To grow (Daily) like God

“...he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.”

2 Pet 1:4

“When they saw the courage of Peter and John, and realised that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.”

Acts 4:13

3. 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)**

Reasons for considering an early morning quiet time:

- **The example of Bible characters.**
(Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc.)
- **It seems logical to begin the day with it.**
“The best time to tune your instrument is before you play the concert, not after!”
(Hudson Taylor)
- **It demonstrates that meeting with God is your first priority.**
You give Him the first part of your day.

You are likely to be more rested, your mind is less cluttered, and it’s often the quietest time!

Whatever time you set, **(be consistent)**

How long should a quiet time be?

3 Guidelines

- Start with 15 minutes and let it grow
- Don’t watch the clock
- Emphasize quality, not quantity!

2. Choose a special place

*“Jesus went out **as usual** to the Mount of Olives, and his disciples followed him.”*

Lk 22:39

The important factor: (solitude)

“Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed.”

Mk 1:35

3. Gather the resources you’ll need

- A Bible - with readable print
- A notebook - to write down what the Lord speaks to you about
- to keep your prayer list
- A songbook or cd - if you want to sing

4. Beginning with the right attitudes

- **(Reverence)**
"Be still, and know that I am God" Ps 46:10
- **(Expectancy)**
"Open my eyes that I may see wonderful things in your law" Ps 119:18
- **(Willingness)**
"Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own." Jn 7:17

5. Follow a simple plan

"Fifteen minutes with God"

(A Plan To Get You Started)

R(elax) (1 minute)

Be still and quiet! Slow down! Prepare your heart.
Take a few deep breaths and wait on God

R(ead) (4 minutes)

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

Begin reading where you left off the day before.
Read until you feel God has told you something

Then stop and think about it.

R(eflect) (4 minutes)

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

You may use any of the 6 methods of meditation.
Think about what the passage means to your life. Write down your thoughts.
Part of reflecting is memorizing verses that speak to you in a special way.
See the section on: "How to Memorize God's Word."

R(ecord) (2 minutes)

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

Write out a personal application statement that is practical,
passable, and measurable.

*"Thoughts disentangle themselves when they pass through
the lips and the fingertips."*

R(equest) (4 minutes)

See the section on "Habit Two: Prayer".

Conclude your quiet time by talking to God about what He has shown you
and making your requests from our prayer list.

4. How to overcome the problems with your quiet time

1. The Problem of Discipline

Your first problem in establishing a quiet time faces you the moment you wake each morning: Am I going to get out of bed? (*"The Battle of the Blankets"*)

Suggestions

- a) Go to bed on time
- b) Get up immediately
- c) Be aware of quiet time robbers
- d) Fall asleep thinking spiritual thoughts

2. The Problem of Distractions

Satan will try to use anything to get your mind to wander during a quiet time. (*"The Battle of the Beguilement"*)

Suggestions

- a) Get out of bed
- b) Get thoroughly awake
- c) Read and pray aloud
- d) Walk during your prayer time
- e) Keep a note pad

3. 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 (mood)

Possible Causes of Spiritual Dryness

- a) Your physical condition
- b) Disobedience to God.
- c) Rushing your quiet time.
- d) Getting in a rut.
- e) Not sharing insights with others.

4. The Problem of Diligence

Your greatest problem will be your struggle to stay consistent. Satan fights nothing harder than our prayer life.

Suggestions

- a) Make a covenant or vow to God
- b) Schedule it on your daily calendar.
- c) Be prepared for Satan's excuses.
- d) Leave your Bible open at night to a passage for the next day!

What if I miss a day?

Don't **(get on a guilt trip)**

Don't **(be legalistic)**

Don't **(give up)**

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

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Gal 6:9

A PRAYER OF COMMITMENT

"Father, I realise that I was created to have fellowship with you. Thank you for making this privilege possible through Jesus' death. I know that daily fellowship with You is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent. In Jesus' name.

Amen."

SESSION 2.B - HABIT TWO: PRAYER – TALKING WITH GOD

“Be joyful in hope, patient in affliction, faithful in prayer.” Rom 12:12

HOW TO REVITALISE YOUR PRAYER LIFE

1. Approach prayer with the right attitude. Matt 6:5-8

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.” Matt 6: 5

Don't try to **(impress others)**

Don't try to **(impress God)**

2. Use a model like the one Jesus gave us

*“This then, is **HOW you should pray**”*

Matt 6:9-15

THE SIX PARTS OF PRAYER

Part 1

Praise: I begin by (expressing my love to God)

“Our Father in Heaven, hallowed be your name....”

Two Kinds of Praise

- “ADORATION” - Praising God for *who he is*.
- “THANKSGIVING” - Praising God for *what he has done*.

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Ps 100:4

How to praise God

1st: As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray. (See Prayer Guide #1 on page 28)

Examples:

God is patient	Numbers 14:18
God is merciful	Numbers 14:18
God is forgiving	Numbers 14:18
God knows everything	1 John 3:20
God is loving	1 John 4:8

KEY: God's Character is the basis for our boldness

In making requests in prayer, God answers the prayers that acknowledge who he is!

2nd: Remind yourself and affirm the promises God has made that are contained in the meaning of his names. (See Prayer Guide #2 on page 29)

3rd: Make a list of all that you are thankful for and review then when you pray.
(See Prayer Guide #3 on page 30)

Part 2

Purpose: I commit myself to (God’s purpose and will for my life)

“Your Kingdom come, your will be done , on earth as it is in heaven”

Pray for God’s will to be done

- ...in my family.
- ...my church..
- ...my ministry.
- ...my job..
-my future....
- ..my city.....
- ...the nation.....
- . the world.

“I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”

Rom 12:1

Part 3

Provision: I ask God to (Provide for my needs)

“Give us today our daily bread.....”

What needs can I pray about ? (every need)

“And my God will meet all your needs according to his glorious riches in Christ Jesus.”
 Philippians 4:19

“He who did not spare his own Son, but gave him up for us all - how will he not also, along with him, graciously give us all things.”
 Rom 8:32

“You do not have, because you do not ask God”
 Ja 4:2

KEY : (Be specific)

Write down your requests, with a promise you are claiming from the Bible, and expect an answer!
 (See Prayer Guide #4 on page 30)

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”
 Philippians 4:6

Part 4**Pardon: I ask God to (forgive my sins)**

"Forgive us our debts..."

4 Steps of Forgiveness

1. Ask the Holy Spirit to (**reveal**) every sin

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Ps 139:23-24

2. Confess each sin (**specifically**)

"No one who conceals transgressions will prosper, but one who confesses and forsakes them will obtain mercy."

Prov 28:13

3. Make (**restitution**) to others when necessary.

"If you remember that your brother or sister has something against you,be reconciled to your brother or sister."

Matt 5:23-24

4. By faith, (**accept**) God's forgiveness.

"If we confess our sins, he is faithful and just and will forgive us our sins, and purify us from all unrighteousness."

1 Jn 1:9

Part 5.**People: I pray for (Other people)**

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

"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone."

1 Tim 2:1

If you want to know how to pray for others.....

Eph1:15-19,

Col 1:3-12,

1 Thess 1:2-3,

2 Thess1:11-12

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week. (See Prayer Guide #5 on page 31)

Part 6**Protection: I ask for (protection)**

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

Christians face a spiritual battle everyday. Satan wants to defeat you through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

PRAYER GUIDE 1

Character Traits of God

GOD IS	REFERENCE
Faithful	2 Cor 1:20
Righteous	2 Tim 4:8
The Light	Jn 8:12

PRAYER GUIDE 2

The Names Describing God

Did you know that God has given several names that describe his character? You can take each of these 8 names and focus individually on what God is really like! Pray these God-given names as affirmations of praise!

8 Hebrew Names that Declare Who God Is

Jehovah-Shammah - *“God is Present with me”* (Ezek 18:35)
You are here! I am never alone.

Jehovah-Rohi - *“The Lord is my Shepherd”* (Ps 23:1)
You lead me and feed me and protect me!

Jehovah-Jireh - *“The Lord will Provide”* (Gen 22:14)
You see what I need before I even ask!

Jehovah-Rophe - *“The Lord is your Healer”* (Ex 15:26)
You can heal my body, emotions, and relationships!

Jehovah-Tsidkenu - *“The Lord is our Righteousness”* (Jer 23:6)
You accept me and forgive me because of Jesus!

Jehovah-M’Kiddish - *“The Lord is Sanctification”* (Lev 20:8)
You make me holy and like Jesus!

Jehovah-Shalom - *“The Lord is Peace”* (Jud 6:24)
You give me peace in spite of circumstances!

Jehovah-Nissi - *“The Lord is my Banner”* (Ex 17:15)
You are my victory in conflict and confrontation!

Think on the implications of these names and you’ll have plenty to praise God for!

PRAYER GUIDE 3

My Thanksgiving List

PRAYER GUIDE 4

My Personal Requests

Date	Request	Promise	Date answered

PRAYER GUIDE 5

People I'm Praying For

Family
Christian Friends
Friends I'd like to see become Christians
Christian Leaders
Government Leaders
Others



SESSION 3A - HABIT THREE: GIVING BACK TO GOD

HONOURING GOD WITH MY GIVING

“On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made.” 1 Cor 16:2

HOW MY GIVING REVEALS MY SPIRITUAL MATURITY

*“Just as you excel in everything else....in faith, in speech, in knowledge, in complete earnestnesssee that you also **excel in the grace of giving.**”* 2 Cor. 8:7

Key Bible Words and The number of times they are mentioned

Believe	Pray	Love	Give
<u>(272 times)</u>	<u>(371 times)</u>	<u>(744 times)</u>	<u>(2161 times)</u>

WHY GOD WANTS ME TO GIVE 7 Benefits to My Life

1. Giving moulds me (into God's image)

"God so loved the world that He gave his only Son...."

Jn 3:16

2. Giving draws me (closer to God)

"Where your treasure is, there your heart will be also".

Matt 6:21

3. Giving is the antidote to (materialism)

"Command those who are rich in this present world not to be arrogant nor to put hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment."

1 Tim 6:17

4. Giving Strengthens (my faith)

"Trust in the Lord with all your heart and lean not on your own understanding. Honour the Lord with your wealth, with the first fruits of all your crops."

Prov 3:5,9

"Give and it will be given to you.....For with the measure you use, it will be measured back to you."

Lk 6:38

5. Giving is an investment (for eternity)

".Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."

1 Tim 6:18-19

6. In giving, as I bless others (so I am blessed)

"Those who are generous are blessed, for they share their bread with the poor."

Prov 22:9

"A generous person will be enriched,, and one who gives water will get water."

Prov 11:25

"It is well with those who deal generously and lend, who conduct their affairs with justice."

Ps 112:5

7. Giving (increases my joy)

(Jesus) *"It is more blessed to give than to receive."*

Acts 20:35

WHAT THE BIBLE TEACHES ABOUT GIVING

In the Old Testament Israel was called to tithe

What is Tithing?

- “Tithe” means “a (tenth) part”

What is the difference between a “Tithe” and an “Offering”?

- A “Tithe” is giving (10%) of my income
- An “Offering” is anything I give (in addition) to my tithe.

The New Testament (builds upon) the Old Testament, it does not (negate) it

Old Testament law

New Testament freedom

Do not murder	<u>(do not get angry)</u>	Matt 5:21-22
Do not commit adultery	<u>(lust is wrong)</u>	Matt 5:27-28
Eye for an eye	<u>(love your enemies)</u>	Matt 5:38-42
Tithe	<u>(give generously)</u>	2 Cor 9:11
Legalism	<u>(love and serve)</u>	Gal 3:10-14

If anything, our giving ought to (outdo) the OT principle of tithing!

From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked. Lk 12:48

WHY SHOULD I GIVE ?

7 reasons from God's word

1. Because God (commands) it

"A tithe of everything from the land, whether grain from the soil, or fruit from the trees, belongs to the Lord; it is Holy to the Lord." Lev. 27:30

2. Because Jesus (commended) it

"You give to God one tenth even of the seasoning herbs, such as mint, dill and cumin, but you neglected to obey the really important teachings of the Law, such as justice and mercy and honesty. These you should practice, without neglecting the other." Matt 23:23

3. Giving reminds me that (everything) was given to me by God!

"But remember the Lord your God, for it is he who gives you the ability to produce wealth." Deut 8:18

4. Giving expresses my (gratitude to God)

"Each of you should bring a gift in proportion to the way the Lord your God has blessed you." Deut 16:17

5. God says that refusing to tithe is (stealing) from Him!

(God says) *"Will anyone rob God? Yet you are robbing me! But you say, "How are we robbing you?" (God says) In your tithes and offerings!.....Bring the full tithe."* Mal 3:8-10

6. Giving gives you a chance to (exercise faith) and God the chance to respond.

"Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the LORD of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing. I will rebuke the locust for you, so that it will not destroy the produce of your soil; and your vine in the field shall not be barren, says the LORD of hosts." Mal 3:10-11

7. Giving is one way to show that I (really love God)

(Jesus) *"If you really love me, you will do what I command."* Jn 14:15

"See that you also excel in this grace of giving. I am not commanding you but I want to test the sincerity of your love." 2 Cor 8:7b-8

WHAT SHOULD I GIVE ?

The **(first)** part of what I earn, not the **(left overs)**

"Honour the Lord with your wealth, with the first fruits of all your crops."

Prov:3:9

WHERE SHOULD I GIVE MY OFFERING ?

Where I **(worship)**

*"Bring **the full** tithe into the storehouse (Temple)..."*

Mal. 3:10

When should I tithe? **(regularly)**

"On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made."

1 Cor 16:2

How to remember

- Keep a Financial Book -
- Use weekly envelopes
- Teach your children to tithe
- Direct deposits.

Giving with the right attitudes

- **Give (willingly)**

"This service that you perform is not only supplying the needs of God's people, but is also overflowing in many of expressions of thanks to God." 2 Cor. 9:12

- **Give (joyfully)**

"....for God loves a cheerful giver!"

2 Cor. 9:7

- **Give (generously)**

"They gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service...."

2 Cor. 8:3-4

- **Give (expectantly)**

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will reap generously."

2 Cor.9:6

THE KEY TO GIVING

“...They first gave themselves to the Lord”

2 Cor.8:5

A COMMITMENT PRAYER

“Generous God, I know you love me and want what’s best for me. I recognise that all I have, or will ever have, comes from you. I am more interested in pleasing you than in having more possessions. I want you to have first place in my life and I am willing to begin giving as you have commanded. Out of gratitude for all you’ve done for me, and in expectation that you will continue to provide for me, I commit myself to giving generously, as you have given generously to me. Lord, my heart is with you, help me to place my treasures there also. Help me to remain faithful to this commitment. In Jesus’ name. Amen.”

SESSION 3B - HABIT FOUR: FELLOWSHIP – ENJOYING GOD’S FAMILY

“Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another.”
Heb. 10:25

WHY IS FELLOWSHIP SO IMPORTANT?

1. I (**belong**) in God’s family with other believers.

*“Let us do good to all people, especially to those who **belong to the family of believers.**”*
Gal.6:10

“The Christian who is not committed to a group of other believers for praying, sharing and serving, so that they are known, as they know others, is not an obedient Christian. This Christian is not in the will of God. However vocal they may be in their theology, they are not obeying the Lord.” Dr.Ray Ortland

2. I need (**encouragement**) to grow spiritually

“And let us consider how we may spur one another on toward love and good deeds.”
Heb 10:24

“Two are better than oneFor if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help. And though one might prevail against another, two will withstand one. A threefold cord is not quickly broken.”
Eccl 4:9-10, 12.

3. I need (**accountability**) to grow spiritually

“Iron sharpens iron, and one person sharpens the wits of another.” Prov 27:17

“Every day....keep encouraging one another so that none of you is hardened by the glamour of sin.” Heb 3:13

“Brothers if someone is caught in a sin, you who are spiritual should restore him gently. . Carry each other’s burdens, and in this way you will fulfil the law of Christ.”
Gal 6:1-2

4. Christ is (**present**) when we fellowship together.

“For where two or three come together in my name, there am I with them.”
Matt. 18:20

5. There is (**great power**) when people pray together.

“Again, I tell you, that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.”

Matt. 18:19

6. Fellowship is a (witness) to the world.

(Jesus) "My prayer.....is that all of them may be one Father just as you are in me and I am in you.....so that the world may believe that you have sent me."

Jn 17:20;21

7. I have an (obligation/responsibility) to every other Christian

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in it's various forms."

1 Pet 4:10

"There are different kinds of service, but the same Lord.....Now you are the body of Christ, and each one of you is a part of it."

1 Cor 12:5,27

The "One Another's" of Fellowship (Partial List)

Serve one another	Gal.5:13
Accept one another	Rom 15:7
Forgive one another	Col. 3:13
Greet one another	Rom. 16:16
Bear one another's burdens	Gal. 6:2
Be devoted to one another	Rom.12:10
Honour one another	Rom.12:10
Teach one another	Rom .15:14
Submit to one another	Eph. 5:21
Encourage one another	1 Thess. 5:11

HOW CAN A LARGE CHURCH MAINTAIN CLOSE FRIENDSHIPS?

Every member needs to be a part of a (small group)

"(They met) day after day; in the Temple courts and from house to house."

Acts 5:42

"Greet the church that meets in their house"

Rom.16:5

Also Acts 2:26, 8:3, 16:40 20:20 , 1 Cor. 16:19, Col. 4:15

At we believe our church must.....

WHAT IS THE PURPOSE OF OUR SMALL GROUPS? Acts 2:42-47

1 (Bible study)

*"They **devoted themselves** to the apostles' teaching....."*

2 (Fellowship)

".....and to fellowship and to the breaking of bread"

3. (Prayer)

"....and to prayer"

*"Our Father....give **us**.....our daily bread....forgive **us**....our.....debts.....as **we** have forgiven **our** debtors....lead **us** not into temptation....deliver **us**..." Matt. 6:9-1*

4 (Support)

".....they gave to anyone as he had a need....."

5. (Social)

"...they ate together with glad and sincere hearts....."

*"Share with God's people who are in need. Practice hospitality."
Rom. 12:13*

6. (Singing or Praising)

".....praising God and enjoying the favour of all the people"

7. (Outreach)

"And the Lord added to their number daily those who were being saved."

SESSION 3.C

STARTING AND MAINTAINING GOOD HABITS

Step 1: D(esire)

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

Step 2: D(ecision)

Begin right now! Don't wait. Don't procrastinate. You don't simply slide into a new habit. "One of these days" never arrives. You must have a starting point. It's easier to break a bad habit today than it will be tomorrow!

"If you wait for perfect conditions, you will never get anything done."

Eccl. 11:4 (LB)

"Whoever watches the wind will not plant; whoever looks at the clouds will not reap."

Eccl. 11:4 (NIV)

Step 3: D(eclaration)

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

"Make vows to the Lord your God and fulfil them"

Ps 76:11

Step 4: D(etermination)

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by "just this once". The act of yielding weakens the will and reinforces your lack of self-control. It takes 3 weeks to become comfortable with a new habit and it takes another 3 or 4 weeks (doing it daily) for it to become a part of your life.

It takes (7) to (21) repetitions to learn something!

Step 5: D(o it)

Whenever you feel the slightest urge or prompting to practice this new habit - DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your new habit, do so!

Step 6: D(ouble up)

Get a partner who will support and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the habit is firmly rooted in your life.

"And let us consider how we may spur one another on toward love and good deeds."
Heb. 10:24

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other;."
Eccles. 4:9-10a

Step 7: D(epend on God)

Rely on God's power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray!

"For God did not give us a spirit of timidity, but a spirit of power, of love, and of self discipline."
2 Tim. 1:7

This seminar is just the beginning of a process of commitment towards spiritual growth as a disciple of Jesus Christ.

Acknowledgement:

This course is indebted to a similar document produced by Rick Warren of Saddleback Community Church California

MY 200__ GROWTH COVENANT

- A Daily Time With God** **Personal Bible reading and prayer**
Mk 1:35
- A Weekly Giving To God** **Giving generously**
1 Cor 16:2
- A Committed Team For God** **Fellowship with believers in a small group**
Heb 10:25

.....
Signature

.....
Minister

“Train yourself to be Godly”
1 Tim 4:7

Name:(print) _____

Address _____
