A SIX-WEEK DISCIPLESHIP EXPERIENCE

FOLLOW

KNOW JESUS. FOLLOW JESUS. MAKE DISCIPLES.

WEEK 3

GROW IN JESUS

Spiritual Growth & Obedience

BIG QUESTION

How does Jesus change my life?

CONNECT

Growing as a Follower of Jesus

In Week 1, we saw that salvation gives us new life in Christ. In Week 2, we learned to abide in Jesus through His Word and prayer. This week asks what that new life begins to look like as Jesus changes us.

> **We don't obey Jesus so He will accept us. We obey Jesus because, in Him, we already are accepted.**

Spiritual growth does not happen all at once. Like physical growth, it is a process. God's Spirit works in us as we learn His Word, depend on Him, obey what He says, walk with other believers, resist temptation, and trust Him through trials.

When you think about spiritual growth, what are some signs that someone is becoming more like Jesus?

WORD

1. NEW LIFE PRODUCES A NEW DIRECTION

Read John 3:3–7 and 2 Corinthians 5:17

Jesus told Nicodemus that a person must be born again. Spiritual growth begins with new life that God gives, not with self-improvement. In Christ, we are made new.

Why do you think Jesus used the picture of birth to describe what happens when someone is saved?

According to 2 Corinthians 5:17, what is true of someone who is "in Christ"?

> **Growth isn't about earning our place with God. It's about living out who we already are in Christ.**

Being made new does not mean we instantly become mature. It means God has given us a new identity, a new relationship with Him, and a new direction for our lives. Spiritual growth is the ongoing process of becoming more like Jesus.

What is the difference between trying to clean up your life and growing from a new identity in Christ?

2. GROWTH SHOWS UP IN OBEDIENCE

Read James 1:22

Last week we focused on Scripture and prayer. Those rhythms are essential, but spiritual growth is not measured only by how much we know. God's truth is meant to shape the way we actually live.

> **Spiritual growth isn't just learning more about Jesus. It's becoming more like Jesus.**

According to James 1:22, what danger comes from hearing God's Word without doing what it says?

Obedience is not a way to earn salvation or keep God from rejecting us. It is a response to the grace we have already received. As we trust Jesus, we learn to say yes to what He says.

Is there an area of your life where you already know what Jesus is calling you to obey?

3. WE GROW THROUGH THE HOLY SPIRIT

Read Ephesians 5:18 and Romans 8:9

The Holy Spirit is God, and He lives in every believer. He helps us understand truth, convicts us of sin, produces spiritual fruit in us, empowers us to obey Jesus, and helps us become more like Christ. Every believer receives the Holy Spirit at salvation. We do not need to earn more of Him. We are called to live continually under His influence—yielding our lives to Him in dependence and obedience.

> **The Christian life is not lived by trying harder in your own strength, but by surrendering more fully to the Spirit's work in you.**

What do you think it looks like practically to live under the influence of the Holy Spirit?

The Spirit works in us as we hunger for God, deal honestly with sin, receive God's cleansing and restoration, and continue walking in surrender and faith.

Where are you most tempted to rely on yourself instead of depending on God?

DISCUSS

4. FIGHT TEMPTATION WITH GOD'S HELP

Read 1 Corinthians 10:13

Growing Christians still face temptation. Temptation itself is not the same as sin. God is faithful, and He provides a way to endure temptation without surrendering to it.

What does this passage teach you about God when you are tempted?

What helps you recognize and take the "way of escape" when temptation comes?

When we do sin, we do not hide from God or pretend it did not happen. Because of Jesus, there is no condemnation for those who are in Christ, and we can confess our sin and receive His forgiveness and cleansing (Romans 8:1; 1 John 1:9).

> **Spiritual maturity isn't the absence of struggle; it's learning to depend on Jesus in the middle of the struggle.**

Why can shame make it harder to respond to sin in a healthy, biblical way?

5. GOD CAN GROW US THROUGH TRIALS

Read James 1:2–4 and 2 Corinthians 4:17

Trials are not wasted. God can use difficult seasons to strengthen our faith, produce perseverance, and shape our character. Hardship is not automatically evidence that God is absent.

How can a difficult season expose what we are trusting in?

How might God use a challenge you are facing to grow your faith or character?

> **God doesn't waste the trials we would never choose.**

You were never meant to grow alone. God uses other believers to encourage you, challenge you, pray for you, and help you keep following Jesus.

RESPOND

What Is Your Next Step of Growth?

Spiritual growth is lifelong. You do not have to fix everything this week. Ask God to show you one clear area where He is calling you to trust Him, obey Him, or depend on His Spirit.

What is one area where you most need to grow right now?

What is the one specific step of obedience you will take this week?

Who can encourage you, pray for you, or help hold you accountable?

> **You don't grow by needing Jesus less. You grow by depending on Jesus more.**

PRAY

Ask God to Keep Growing You

Thank God for making you new in Christ. Ask Him to reveal any area of disobedience or self-reliance. Confess sin honestly. Ask the Holy Spirit to help you obey Jesus, resist temptation, and trust God in the challenges you are facing.

What would you like your group to pray with you about as you seek to grow?

FOLLOW THIS WEEK

Pay attention this week to one area where God is inviting you to obey. When temptation or difficulty comes, pause and ask: What would it look like to depend on Jesus and follow Him here?

READ	Read James 1:22 and 1 Corinthians 10:13 again. Ask God to show you where He is calling you to obey.
REMEMBER	Memorize 2 Corinthians 5:17.
PRAY	Ask the Holy Spirit to reveal an area of self-reliance, sin, or disobedience and help you surrender it to Jesus.
PRACTICE	Take the specific step of obedience you identified this week.
ENCOURAGE	Share your next step with another believer and ask them to pray for you and encourage you.

> **Following Jesus means becoming more like Jesus as the Holy Spirit changes us and we learn to obey Him.**

Memory Verse

2 Corinthians 5:17 — “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

My Notes