

Before you watch the video, discuss the following two questions:

1. What are some popular ideas and definitions of true spirituality?
2. How would you define a “good Christian”?



**GAME FILM** (WATCH THE VIDEO)

Today there is a lot of confusion within the church about true spirituality.

- In Romans 12 we learn the principles of true spirituality.
- In Jesus we have a portrait of true spirituality.

Romans 12 provides a picture of how an authentic disciple of Jesus Christ lives out his or her faith...

<b>Surrendered to God</b> . . . . .	Romans 12:1
<b>Separate from the world</b> . . . . .	Romans 12:2
<b>Sober in self-assessment</b> . . . . .	Romans 12:3-8
<b>Serving in love</b> . . . . .	Romans 12:9-13
<b>Supernaturally responding to evil with good.</b> . . . . .	Romans 12:14-21

... fixing our eyes on Jesus, the author and perfecter of faith...

Hebrews 12:2a (NASB)

Three Critical Questions Every Christian Coach Must Answer:

1. How did Jesus define true spirituality?
2. How did Jesus model true spirituality?

### 3. What does Jesus demand of us on a path to true spirituality?

*Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it. 'Love your neighbor as yourself.'"*

Matthew 22:37-39 (NIV)

#### 1. Jesus defines true spirituality by \_\_\_\_\_.

- True spirituality is NOT religious activity or keeping religious rules.
- True spirituality is loving God and loving people.

The question you need to ask and answer is, How is your love relationship with Jesus Christ?

*He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will I love them and will disclose Myself to him.*

John 14:21 (NASB)

#### 2. Jesus defines true spirituality by \_\_\_\_\_.

*Jesus answered, I am the way, the truth, and the life. No one comes to the Father except through me."*

John 14:6 (NIV)

- The Way--the Path
- The Truth--the Teacher
- The Life--the Source and Creator

Jesus' life is the way to true spirituality.

*I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile. For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith."*

Romans 1:16-17 (NIV)

If you want to receive Christ as your Savior and become His follower, share that decision with your group leader. If you still have questions, you can watch a brief video from Chip about what it means to become an authentic Christ follower. The video can be found at [www.r12coach.com](http://www.r12coach.com)

## what is true spirituality?

Have you put your trust in Christ or in your religious activity?

**3. Jesus offers true spirituality** \_\_\_\_\_.

*Come to me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

Matthew 11:28-29 (NASB)

True spirituality is a life of rest, refreshment and joy.



**HUDDLE UP**

1. Reflect back on your spiritual roots. Where did your ideas about true spirituality come from?
2. During this session, Chip shared the gospel and its power to change lives. Take a few minutes and have some in your group share the story of how they came to faith in Christ.
3. Over the course of your life, who or what has had the most impact on your spiritual growth?

4. How would you describe your spiritual growth over the last five years? When did you grow the most? When have you struggled?
5. Brainstorm as a group and make a list of at least ten examples from the life of Jesus when he modeled true spirituality... loving God and loving people.
6. Read Matthew 22:37-39 and answer the following question. If you decided to really make this the definition of true spirituality, how would it change you?  
?

*Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"*

Matthew 22:37-39 (NIV)



## Session 1

# what is true spirituality?



## MAKE A PLAY

1. Read Romans 12 every day this week. This can be done in less than five minutes each day.



## OVERTIME

You can find Chip's brief answers to the following questions by going to **[www.r12coach.com](http://www.r12coach.com)**.

1. I think I'm a Christian, but I have my doubts. Can I really know for sure?

2. If true spirituality isn't about rules or religious activity, why do so many Christians and churches make those the acid test for being a "good Christian?"
3. What is the role of the Holy Spirit in true spirituality?