



WELCOME TO NEXT CLASS DISCOVERING SPIRITUAL DISCIPLINES

THE PURPOSE OF THIS CLASS:

“As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,” Ephesians 4:14-15 (NASB)

THE FOCUS OF THIS CLASS:

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

- **Equip you with the skills you need to establish these habits**
- **Explain the tools you need to continue these habits.**

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.'" Ephesians 4:13(Ph)

Spiritual Maturity is _____

"For from the very beginning God decided that those who came to him ... should become like his Son...." Romans 8:29(LB)

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!" Hebrews 5:12-13 (Living Bible)

2. IT IS A PROCESS

But continue to grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen." 2 Peter 3:18 (GN)

3. IT TAKES DISCIPLINE

"Take the time and the trouble to keep yourself spiritually fit." 1 Timothy 4:7b (Ph)

"Discipline yourself for the purpose of godliness." 1 Timothy 4:7-8 (NASB)

UNDERSTANDING DISCIPLESHIP

1. Mature believers are called _____
2. I cannot be a disciple without being _____
3. The more disciplined I become _____
4. The mark of a disciple is _____

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

5. How often am I to do this? _____

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

6. What is involved in "cross bearing"?

_____ to give Christ first place in my life!

FOUR HABITS OF A DISCIPLE

HOW CAN I BECOME A DISCIPLE?

Develop _____

"Take the time and the trouble to keep yourself spiritually fit." 1 Timothy 4:7b (Ph)

"Discipline yourself for the purpose of godliness." 1 Timothy 4:7-8 (NASB)

1. 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 (NASB)

2. TALK TO GOD IN PRAYER

"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit, and so prove to be My disciples."

John 15:7-8 (NASB)

3. TITHE TO GOD'S WORK

"So then, none of you can be My disciple who does not give up all his own possessions."

Luke 14:33 (NASB)

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

Deuteronomy 14:23 (LB)

4. FELLOWSHIP WITH GOD'S FAMILY

"A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another." John 13:34-35 (NASB)

DEFINITIONS OF "HABIT": (Webster's II Dictionary)

"A continual, often unconscious inclination to do a certain activity, acquired through frequent repetition."

"An established disposition of the character."

"Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny."

"A customary practice"

CLASS OUTLINE

- Introduction: Spiritual Maturity and Habits
- Time In God's Word
- A Daily Time With God
- The Habit of Prayer: Talking with God
- The Habit of Tithing: Giving Back to God
- The Habit of Fellowship: Enjoying God's Family
- How To Start And Maintain Good Habits

THE GOAL OF THIS CLASS

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

"Take the time and the trouble to keep yourself spiritually fit." 1 Timothy 4:7b (Ph)

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