

Discovering Spiritual Maturity

Membership CLASS 201



OAK GROVE
BAPTIST CHURCH

WELCOME TO CLASS 201: DISCOVERING SPIRITUAL MATURITY

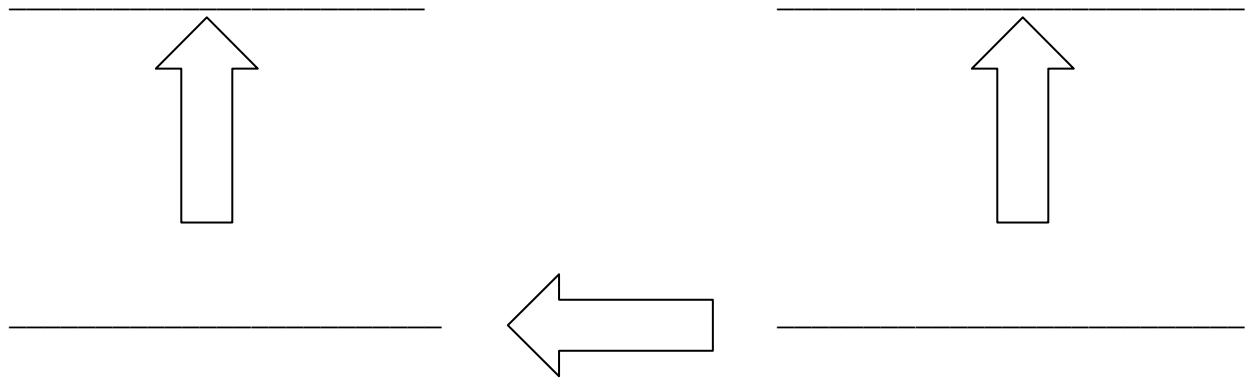
We're glad you signed up! This class is the second of Oak Grove's four basic classes.

WHAT IS THE GOAL OF SPIRITUAL GROWTH?

"Love the Lord your God with all your heart, soul, mind and strength...and love your neighbor as yourself."

The goal in spiritual growth is to grow in our love for God and others.

HOW DOES GROWTH HAPPEN? Luke 6:43-45



From the inside out!

*When we think about spiritual growth, it must begin with our **hearts** because our hearts dictate the way we live.*

SPIRITUAL DISCIPLINES

_____ can only get you so far. *Training is required for any significant challenge in life, including spiritual growth.*

"Everyone who competes in the game goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." 1 Cor. 9:25

Learning to think and act and feel like Jesus requires some discipline and work. So, we want to train ourselves and that is what this class is about. We want to arrange our lives around activities that will help us be better prepared to love God and love people. These activities have often been called **spiritual disciplines**.

What spiritual disciplines are not?

1. They are not a _____ for spiritual growth.
Spiritual health is measured the way Jesus measured it: do we love God and love people?
2. They are not necessarily _____.
3. They are not a way to earn _____ with God.

What is a spiritual discipline?

It is any activity that can help me gain power to live life as Jesus taught and modeled it.

So, how many are there? *As many as you can think of.* Certain practices are basic but we can turn almost anything into a training exercise for spiritual growth.

How do we know which disciplines to practice?

1. We need to understand how God would want us to live.
2. We must learn the barriers that keep us from living that way.
3. We discover practices, experiences or relationships that help us overcome these barriers.

***This class will discuss 8 spiritual disciplines. We think that 4 of these are basic habits that every Christian should practice: Bible Study, Prayer, Giving and Fellowship. We will also discuss 4 others that Christians should seek to incorporate into their spiritual lives: celebration, fasting, slowing & solitude, and confession.

Disciplined people are people who can do the right thing at the right moment in the right way with the right spirit.

People do not drift into a life of training. It must be _____.

3 Closing Thoughts about Disciplines:

1. Begin _____.
2. Depend on the Spirit.
3. Our lives have _____.

Celebration

Why is it so important?

1. We witness _____ everywhere.
2. God is a God of _____ and His people should be the most joyful people in the world.

"I (Jesus) have said these things to you so that my joy may be in you and that your joy may be complete"
John 15:11

Nehemiah told his grieving congregation: *"This day is holy to the Lord your God; do not mourn or weep...Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength"* (Neh. 8:9-10).

Joy is strength and the absence of joy creates weakness.

Dallas Willard says, *"Normally, our success in overcoming temptation will be easier if we are basically happy in our lives."*

It takes effort to be joyful so here are a few tips:

1. _____ now!
2. Intentionally spend time with a _____ person.
3. Devote a specific day to acts of _____.
4. Turn off the _____.
5. Discipline your mind to view life from God's _____.

Living by the Word

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." 2 Tim 3:16-17

Six Ways to get a grasp on your Bible: Hear, Read, Study, Memorize, Meditate, and Apply.

I. HEAR GOD'S WORD

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

Ways to Hear God's Word

- The Bible on CD
- Sermons on CD/podcast
- Church services
- Radio/TV teachers

PROBLEM: We forget _____ % 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

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

"Consider carefully how you listen ..." Luke 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?

3. Confess any sin in your life.

*"... **Get rid of all moral filth and humbly accept the Word...**" James 1:21*

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

II. READ GOD'S WORD

“Blessed is the man who does not walk in the counsel of the wicked or stand in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night.” Psalm 1:1-2

SUGGESTIONS

Read it _____.

Read it aloud quietly to yourself.

Underline or color code key verses.

Choose a _____ and stick with it.

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

Possible reading plans on the web

<http://www.zondervan.com/Cultures/en-US/Product/Bible/Plans.htm?QueryStringSite=Zondervan>
<http://www.biblegateway.com/resources/readingplans/>

III. STUDY GOD'S WORD

“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 secret of effective Bible study is knowing how to _____.

Key Questions:

1. Key Question # 1: What does the _____? Be a journalist! Ask questions of the text: Who? What? Where? When? Why? How? What does it say? Look for key words: repeated words or phrases, what is the author emphasizing?

2. Key Question # 2: What does it _____? Or what was the author's _____?

UNDERSTAND the _____!

3. Key Question # 3: How does this passage fit into the whole story of redemptive history? How does it relate to Jesus and His work on the cross?

SUGGESTED RESOURCES FOR BIBLE STUDY

1. Study Bible (help you understand the context, gives interpretive analysis, provides application). The *ESV Study Bible* is the single most useful Bible study tool I have ever come across. Other good ones include: *The Life Application Study Bible*, *Zondervan NIV Study Bible*, and *The MacArthur Study Bible*.

2. Concordance (helps you locate verses, look at key words, tool to compare passages)

3. Bible Dictionary or Encyclopedia (helps you understand biblical customs, people, places, etc.).

IV. MEMORIZE GOD'S WORD

"Guard my words as your most precious possession. Write them down, and also keep them deep within your heart." Pr. 7:2-3

BENEFITS OF MEMORIZING SCRIPTURE

1. It helps me _____.

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

2. It helps me make _____.

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

3. It _____ 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

4. It helps me _____ 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

WHEN TO MEMORIZE A VERSE

- During your Quiet Time
- While Exercising
- While waiting (spare moments)
- At bedtime (Ps 63:6)

HOW TO MEMORIZE A VERSE

1. Pick a verse that speaks to you.
2. Say the reference **before and after** the verse.
3. Read the verse aloud many times. Record it!
4. Break the verse into natural phrases.
5. Emphasize key words when quoting the verse.
6. Write out the verse on a flash card.
7. Display your verses in prominent places.
8. Always memorize the verse word perfect.
9. Put the verse to music. Write a song!
10. Get a partner so you can check each other.

We remember what is _____.

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

Live the New Life:

Christ the Center	II Cor. 5:17; Gal. 2:20
Obedience to Christ	Rom. 12:1; John 14:21
The Word	II Tim. 3:16; Josh. 1:8
Prayer	John 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; I Peter 3:18
Salvation Not by Works	Eph. 2:8-9; Titus 3:5
Must Receive Christ	John 1:12; Rev. 3:20
Assurance of Salvation	I John 5:13; John 5:24

Rely on God's Resources:

His Spirit	I Cor. 3:16; I Cor. 2:12
His Strength	Isa. 41:10; Phil. 4:13
His Faithfulness	Lam. 3:22; Num. 23:19
His Peace	Isa. 26:3; I Peter 5:7
His Provision	Rom. 8:32; Phil 4:19
His Help in Temptation	Heb. 2:18; Ps. 119:9, 11

Be Christ's Disciple:

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

Grow in Christ likeness:

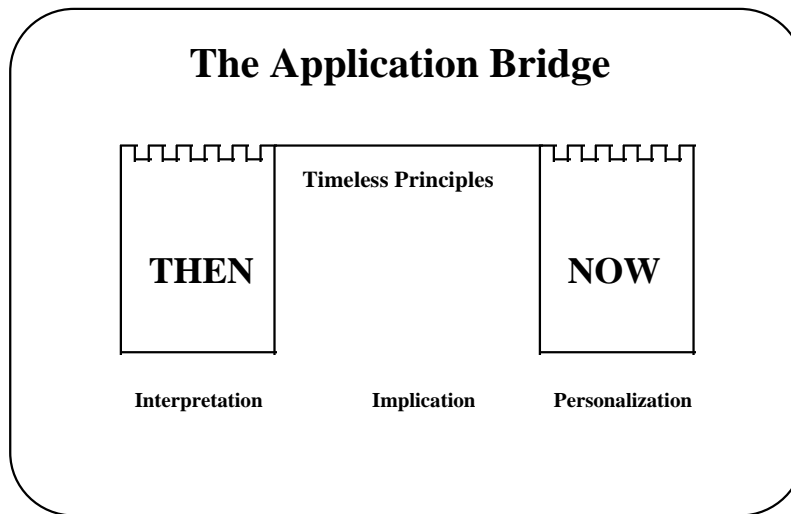
Love	John 13:34-35; I Jn. 3:18
Humility	Phil. 2:3-4; I Peter 5:5-6
Purity	Eph. 5:3; I Peter 2:11
Honesty	Lev. 19:11; Acts 24:16
Faith	Heb. 11:6; Rom. 4:20-21
Good Works	Gal. 6:9-10; Matt. 5:16

V. MEDITATE ON GOD'S WORD

1. _____ **it!** Visualize the scene in your mind.
2. _____ **it!** Say the verse aloud, each time emphasizing a different word.
3. _____ **it!** Rewrite the verse in your own words.
4. _____ **it!** Replace the pronouns or people in the verse with your own name.
5. _____ **it!** Turn the verse into a prayer and say it back to God.

VI. APPLY GOD'S WORD

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



1st ask: What did it mean to the _____?

2nd ask: What is the underlying _____?

3rd ask: Where or how could I _____?

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

4 Marks of A Good Application Project

1. It's personal.
2. It's practical
3. It's possible
4. It's provable

Fasting

Fasting is not popular today but it is spoken of frequently in Scripture. Throughout Scripture fasting refers to abstaining from food for spiritual purposes. While there are health benefits to fasting, the Bible focuses on the spiritual purposes of fasting.

What is the purpose of fasting?

1. _____ on God (Matthew 6:16-18) *“When you fasted...was it really for me that you fasted?” Zech. 7:5*
2. It _____ the things that control us.
3. It _____ our body in self-control.
4. It _____ us that we are sustained by *“every word that comes from the mouth of God”* (Mt 4:4).
5. It helps us keep _____ in our lives.

The Practice of Fasting:

As with all disciplines, a _____ should be observed!

Start with a smaller fast (24 hours). Drink plenty of fluids (water and fruit juices).

Eat small meals after your fast is over.

You will experience some pain and discomfort but you won't grow without these things.

Pay attention to your body but more importantly, **pay attention to your heart.**

Increase your time to 36 hours and even consider 3-7 day fasts! Push yourself in this area. It is doable and can bring great spiritual breakthroughs.

Prayer

The Three Main Excuses for not praying:

1. I don't have enough _____
2. I don't have a _____
3. I don't know what to _____

Helpful Tips for Prayer

Use Scripture as a guide in prayer. Look at prayers from Jesus, Paul, Moses, Nehemiah, David, and so many others.

Seek to develop an attitude of constant prayer.

For it to be a priority, we must set a regular daily time to do it.

Prayer should be _____ and _____.

Remember that prayer is about relationship.

Prayer is a _____ behavior.

The disciples asked Jesus, *“teach us to pray...”*

A HELPFUL MODEL: ACTS (with one addition)

⁹"This, then, is how you should pray: Our Father in heaven, hallowed be your name, ¹⁰your kingdom come, your will be done on earth as it is in heaven. ¹¹Give us today our daily bread. ¹²Forgive us our debts, as we also have forgiven our debtors. ¹³And lead us not into temptation, but deliver us from the evil one." Mt 6:9-13

1. A _____

"Enter into his gates with thanksgiving, and into his courts with praise. Be **thankful** unto him, and **bless his name.**" Ps. 100:4

The reason we don't praise God much: we don't _____ Him!

HOW TO PRAISE GOD:

1st: As you read your Bible, make a list of God's character qualities.

Examples:

- God is patient Num. 14:18
- God is merciful Num. 14:18
- God is forgiving Num. 14.18
- God knows everything 1 Sam. 2:2
- God is loving 1 John 4:8

KEY: God's character is the basis for our boldness in making requests in prayer.

2nd: Learn God's names (examples: Our Rock, Provider, Refuge, Strength, Strong Tower, The One who Sees me, Savior, Judge, King of Kings and Lord of Lords, etc.).

2. C _____

"Forgive us our debts as we also have forgiven our debtors."

3. T _____

See Luke 17.

4. S _____

Pray for _____

"Since God did not spare even his own Son for us but gave him up for us, won't he also surely give us everything else?" Rom. 8:32

"You do not have ... because you don't ask God!" James 4:2

Pray for _____

"I urge you then that requests, prayers, intercession and thanksgiving be made for everyone." 1 Tim. 2:1

If you want to know how to pray for others ... _____
Eph. 1:15-19, Col. 1:3-12, 1 Th. 1:2-3, 2 Th. 1:11-12

Pray for _____

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

"The One who is in you is greater than the One who is in the world." 1 John 4:4

Pray for _____

5. _____: we need to leave time for us to respond to God (prayer is a two way conversation and we need to be ready to respond to God).

Slowing and Solitude

We live in a world of hurry. And hurry is the great enemy of spiritual health.

We need to learn from Jesus: “Then because so many people were coming and going that they did not even have a chance to eat, Jesus said to them, “Come with me by yourselves to a quiet place and get some rest” (Mark 6:31).

Jesus was often busy but never hurried.

Are you a hurried person? Well, here are some symptoms:

- ✓ Constantly speeding up daily activities
- ✓ Multi-tasking
- ✓ Clutter
- ✓ Superficiality (depth always comes slowly so hurry keeps us from depth in relationships and depth in knowledge)
- ✓ An inability to love (hurried people have a diminished capacity to love because they don't have time for other people and they are more likely to snap at others)
- ✓ Fatigue

We need to _____.

Practice the habit of “slowing.”

Some Ideas: Over the next month drive in the slow lane (you may need to leave a few minutes earlier but you will notice that you are not as agitated with others). Use your time in the slow lane to pray or sing. Eat your food slowly. Force yourself to enjoy your lunch time at work or to take more time for dinner with your family. Get in the slowest lane at the store. You get the idea. We must find ways to deliberately choose waiting. As we do, God will begin to help us trust him to enable us to accomplish the things we need to. Researchers have actually found that there is simply no correlation between hurry type behavior and productivity.

We need _____.

Solitude requires great _____.

It needs to be scheduled and protected.

Take advantage of _____ solitudes.

Develop a _____ in your routine.

Set aside 3-4 hour time blocks once a month for a time of solitude.

Get away for a few days once or twice a year for an extended solitude (pray, examine your life, set goals, etc.).

Giving

*"Command those who are **rich in this present world** not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share." 1 Tim 6:17-18*

Regardless of your circumstances, you are one of the richest people in the world. This passage is written to people like you and me!!!

Is giving a discipline?

"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

"Just as you excel in everything else... in faith, in speech, in knowledge, in complete earnestness... see that you also excel in the grace of giving." 2 Cor. 8:7

The answer: Absolutely!!!

WHY GOD WANTS ME TO GIVE?

1. GIVING MAKES ME _____

*God so **loved** the world that **He gave** his only Son ..." John 3:16*

2. GIVING DRAWS ME _____

"Where your treasure is, there your heart is also." Matt.6:21

3. GIVING IS THE ANTIDOTE TO _____

*"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. Command them to **be generous and willing to share**. In this way they may take hold of the life that is truly Life!" 1Tim. 6:17-19*

4. GIVING STRENGTHENS _____

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have enough room for it." Mal 3:10

5. GIVING IS AN INVESTMENT _____

"Do not store up treasures on earth where moth and rust destroy and thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy and thieves do not break in and steal." Matt 5:19-20

6. GIVING BLESSES ME _____

"A generous man himself will be blessed." Prov. 22:9

*"A **generous man will prosper**; he who refreshes others will himself be refreshed." Prov.11:25*

"Good will come to him who is generous ..." Ps. 112:5

7. GIVING _____

(Jesus) "It is more blessed to give than to receive." Acts 20:35

Why do we encourage tithing as a church?

"Tithe" means "a _____ part"

1. Tithing demonstrates that God has _____.

2. Tithing reminds me that _____ was given to me by God!

"God richly provides us with everything for our enjoyment." 1 Tim 6:17

3. Tithing expresses _____ in God!

*"Bring your whole tithe to My storehouse. **Test me in this**" says the Lord, "and see if I will not throw open the floodgates of heaven and pour out **so much blessing** that you won't have room enough for it! I will prevent pests from devouring your crops and the vines in your fields will be protected from plagues." Mal. 3:10*

4. Tithing proves that I _____.

(Jesus) *"If anyone loves me, he will obey my teaching." John 14:23*

1. Tithing is not merely Old Testament Law but an Old Testament principle (think about Cain and Abel). Clearly, God has expected his people to give the first and best part from the beginning!
2. Jesus always raised the standard (look at the Sermon on the Mount)!
3. The New Testament commands us to give generously and sacrificially. Why would we think that this means less than 10%?

A conviction: *Tithing should not be the _____ of our giving but the floor.*

WHAT SHOULD I TITHE?

The first part of what I earn, not the leftovers.

*"Honor the Lord by giving him the **first part** of all your income." Prov. 3:9-10*

GIVING WITH THE RIGHT ATTITUDES

- **GIVE WILLINGLY.**

*"Each one should give **what he has decided in his heart to give**, not reluctantly or under pressure ..."*
I Cor. 9:7a

- **GIVE CHEERFULLY.**

"... for God loves a cheerful giver!" 2 Cor. 9:7

- **GIVE SACRIFICIALLY.**

*"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.**

"I will throw open the floodgates of heaven and pour out so much blessing that you won't have room enough for it!" Mal 3:10

THE KEY TO GIVING:

God has your heart! Your wallet will follow. If he doesn't have your wallet then he doesn't fully have your heart!

Confession

God hates sin and His followers should too!

Why do I need to confess if God has already forgiven me?

Well, confession is not primarily for God but for you. God is not holding on tightly to His mercy until you pry it from His fingers. We are the ones who need confession to be healed and changed. When we confess sin, 2 great things happen: we experience liberation and a renewed communion with God. *1 John 1:8-9 says, "If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

Confession restores _____.

Because of confession, we are less likely to _____. Sin becomes less and less attractive.

Confession that is healing and life-changing:

1. _____ yourself.
2. _____ yourself.

Confession must be specific.

3. Ask two questions: Why did I do that? And what happened as a result?
4. Confession must involve a new _____.

Think about Zacchaeus who said, *"I will repay anyone I've cheated four times over and half of all my goods I will give to the poor"* (Luke 19:8). Our willingness to change and make amends helps us to know whether we are actually repenting or just attempting damage control.

Fellowship

Why do we say that fellowship is a habit?

"And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching." Heb. 10:24-25

1. We have a unique, special relationship with one another.

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

2. We need _____ to grow.

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Eccl. 4:9-10-12

3. We need _____ to grow.

"As iron sharpens iron, so one man sharpens another." Pr. 27:17

*"Brothers, if someone is trapped in some sin, you who are spiritual should **restore** him gently ... Carry each other's burdens, and in this way you will fulfill the law of Christ".* Gal. 6:1-2

4. Fellowship is a _____ to the world.

(Jesus) *"By this all men will know you are my disciples if you love one another."* John 13:35

5. I am _____ to every other Christian.

"Each one should use whatever gift he has received to serve others." 1 Peter 4:10

"Now you are the body of Christ, and each one of you is a part of it." "The eye cannot say to the hand, I don't need you." 1 Cor. 12:21, 27

The example of Jesus: Putting others first (Philippians 2:1-11)

A Few practical ways to grow in this area:

- 1. Make fellowship a priority in a _____.**
- 2. Use your gifts to serve others. How could others benefit from your giftedness?**
- 3. Cheerfully develop a ministry of the _____.**
Authentic community is characterized by mutual servant hood and submission. Put others first and be willing to help in mundane tasks.
- 4. Be available for _____.**
- 5. Regularly encourage others.**
- 6. Do acts of kindness _____.**

Living Intentionally and Setting Goals

Ephesians 5: "Be careful how you walk"

Psalm 90: "Teach us to number our days that we may gain a heart of wisdom."

A closing challenge: Establish times in your life for examination, prayer, dreaming, and goal setting.

Tools to Help:

- 1. A Journal:** examination and prayer
- 2. Dreams Paper:** What are my hopes and dreams? What do I want to accomplish in life? What do I want to see God do in my life?
- 3. Core Values Sheet:** What are my values? What kind of person do I want to be known as?
- 4. Goals Sheet:** While this class focuses on your spiritual growth, we encourage you to set goals in all areas of your life. Possible categories for goals include: spiritual, physical, relationships, career, fun/leisure, finances, etc.

BLUE SKY DREAMING

List everything that you think you might want to be, to do or have in your lifetime.
Don't worry if it's possible. Write it down.

Goals

Category: _____

What is the goal?

Completion by what date? _____

Why is it important to me?

What obstacles are in my way?

What special training or knowledge will I need?

What people or groups will I need help from?

What steps must I take to accomplish this goal?

How will I know if I have accomplished this goal?

Core Values

What is the value?

Why does it matter?

How is it expressed?

What is the value?

Why does it matter?

How is it expressed?

What is the value?

Why does it matter?

How is it expressed?

THE OAK GROVE MATURITY COVENANT

“I believe that God has called me to grow in maturity in Christ. He does not want me to remain as I am, but to grow in Christ-likeness. I realize that this takes effort and accountability. Therefore, I make the following commitments to God and to the other members:

I. I COMMIT TO DEVELOP HABITS THAT FOSTER GROWTH IN CHRIST-LIKENESS.

II. I ESPECIALLY COMMIT TO DAILY TIME WITH GOD, REGULAR GENEROUS GIVING AND FELLOWSHIP WITH OTHERS.

III. I WILL SEEK TO IMPLEMENT OTHER HABITS/DISCIPLINES TO BETTER GROW IN CHRIST-LIKENESS.

Remember:

- 1. The Goal is not merely to do the things listed above; the goal is to become like Christ and these habits will help you grow in maturity.**
- 2. You need help to accomplish this commitment so get someone to keep you accountable.**
- 3. If you are not a part of a small group, let us know and we will help you find one.**

Print Name

Signature

Date

Witnessed by my Pastor