

WELCOME TO
DISCOVERING SPIRITUAL MATURITY #201

We're glad you signed up! This class is the second of CABC's four basic classes. Since these classes build on each other, you must first attend Discovering Church Membership #101 before taking this class.

THE PURPOSE OF THIS CLASS:

Colossians 4:12 (ESV)

that you may stand mature and fully assured in all the will of God.

Ephesians 4:14–15 (ESV)

so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, ... we are to grow up in every way into him who is the head, into Christ,

THE FOCUS OF THIS CLASS:

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.

WHAT IS "SPIRITUAL MATURITY"?

Ephesians 4:13 (ESV)

until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,

Spiritual Maturity is _____

Romans 8:29 (ESV)

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

FACTS ABOUT SPIRITUAL MATURITY

1. IT'S NOT _____

Hebrews 5:12-13 (ESV)

For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, 13 for everyone who lives on milk is unskilled in the word of righteousness, since he is a child.

2. IT IS _____

2 Peter 3:18 (ESV) But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

3. IT TAKES _____

1 Timothy 4:7 (ESV) Rather train yourself for godliness;

UNDERSTANDING DISCIPLESHIP

1. Believers are called _____

2. I cannot be a good disciple without being _____

3. The more disciplined I become _____

4. The mark of a disciple is _____

Luke 14:27 (ESV) Whoever does not bear his own cross and come after me cannot be my disciple.

5. How often am I to do this? _____

Luke 9:23 (ESV) (Jesus said) "If anyone would come after me, let him deny himself and take up his cross daily and follow me.

6. What is involved in "cross bearing"?

_____ to give
Christ first place in my life!

FOUR HABITS OF A DISCIPLE

HOW CAN I BECOME SPIRITUALLY MATURE?

Develop _____

Colossians 3:9–10 (ESV) ... seeing that you have put off the old self with its practices **10** and have put on the new self, which is being renewed in knowledge after the image of its creator.

1. _____

John 8:31–32 (ESV) So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, **32** and you will know the truth, and the truth will set you free.”

2. _____

John 15:7–8 (ESV) If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. **8** By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

3. _____

Luke 14:33 (ESV) So therefore, any one of you who does not renounce all that he has cannot be my disciple.

4. _____

John 13:34–35 (ESV)

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. **35** By this all people will know that you are my disciples, if you have love for one another.”

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

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

"Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny."

CLASS OUTLINE

SECTION ONE:

- **Introduction: Spiritual Maturity and Habits**
- **How to Get A "Grasp" On Your Bible**
- **The Habit of A Daily Time With God**

SECTION TWO:

- **The Habit of Prayer: Talking with God**
 - **The Habit of Giving: Giving Back to God**
 - **The Habit of Fellowship: Enjoying God's Family**
- 1 **How To Start And Maintain Good Habits**

THE GOAL OF THIS CLASS

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

Romans 6:19 (ESV)

I am speaking in human terms, because of your natural limitations. For just as you once presented your members as slaves to impurity and to lawlessness leading to more lawlessness, so now present your members as slaves to righteousness leading to sanctification.

That I will be **TRANSFORMED** into the image of Jesus.

Romans 12:2 (ESV)

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

HOW TO GET A “GRASP” ON YOUR BIBLE

2 Timothy 3:16–17 (ESV)

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.

SIX WAYS TO GET A “GRASP” ON YOUR BIBLE

The Hand Illustration

On this page trace an outline of your own hand!

I. HOW TO HEAR GOD'S MESSAGE

Romans 10:17 (ESV) So faith comes from hearing, and hearing through the word of Christ.

HOW TO IMPROVE YOUR HEARING

1. Be _____ and _____ to hear God.
Luke 8:18 (ESV) Take care then how you hear,

Psalms 119:103 (ESV) How sweet are your words to my taste, sweeter than honey to my mouth!

2. _____ insights, questions, directions, etc.

Keep a Spiritual Notebook

3. _____ on what you hear!

James 1:22–25 (ESV)

22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

HOW TO READ THE BIBLE

Read it systematically.

Read it in different translations.

Read it aloud quietly to yourself.

Underline or color code key verses.

Choose a reading plan and stick with it.

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

**A BIBLE READING PLAN
THROUGH THE NEW TESTAMENT IN 30
DAYS**

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

29. Revelation 1-11

30. Revelation 12-22

III. HOW TO STUDY THE BIBLE

Acts 17:11 (ESV)

11 Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

2 Timothy 2:15 (ESV) *Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth*

The difference between reading and studying the Bible is that you use a _____

The secret of effective Bible study is knowing how to _____ the right _____.

- _____?
- _____?
- _____?
- _____?
- _____?
- _____?
- _____?
- _____?

SUGGESTED RESOURCES FOR BIBLE STUDY

The 6 Best Bible Software Programs of 2021

Best Overall: Logos Bible Software

Best Budget: Olive Tree Bible Software

Best Free: E-Sword

Best for Mac Users: Accordance Bible Software

Best Mobile: Laridian PocketBible

Best Audio: Daily Audio Bible

Study Bibles:

"The NIV Study Bible" (Zondervan)

"The Life Application Bible" (Tyndale)

Bible Handbooks:

"Halley's Bible Handbook" (Zondervan)

Bible Overview

The Complete Guide to the Bible

Strong's Exhaustive Concordance

Bible Atlas

IV. HOW TO MEMORIZE SCRIPTURE

Proverbs 7:2–3 (ESV) *Keep my commandments and live; keep my teaching as the apple of your eye; 3 bind them on your fingers; write them on the tablet of your heart.*

BENEFITS OF MEMORIZING SCRIPTURE

1. It helps me resist _____.

Psalm 119:11 (ESV) *I have stored up your word in my heart, that I might not sin against you.*

2. It helps me make wise _____.

Psalm 119:105 (ESV)

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

3. It _____ me when I'm under stress.

Psalm 119:49–50 (ESV) *Remember your word to your servant, in which you have made me hope. 50 This is my comfort in my affliction, that your promise gives me life.*

4. It _____ me when I'm sad.

Jeremiah 15:16 (ESV) *Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, ...*

Proverbs 22:18 (ESV) *for it will be pleasant if you keep them within you, if all of them are ready on your lips.*

5. It helps me _____ to unbelievers.

1 Peter 3:15 (ESV) *but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in*

you; yet do it with gentleness and respect,

WHEN TO MEMORIZE A VERSE

- First thing in the morning
- During your Quiet Time
- While Exercising
- While waiting (spare moments)
- Last thing at night

Psalm 63:6 (ESV) when I remember you upon my bed, and meditate on you in the watches of the night;

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 down the verse and erase a word one at a time.
7. Write out the verse on a flash card.
8. Carry some cards with you at all times for review.
9. Display your verses in prominent places.
10. Always memorize the verse word perfect.
11. Put the verse to music. Write a song!
12. Get a partner so you can check each other.

THREE KEYS TO MEMORIZING:

_____,
_____,
_____.

We remember what is

_____.

Psalm 119:72 (ESV) *The law of your mouth is better to me than*

thousands of gold and silver pieces.

SCRIPTURE MEMORY COURSE

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
Good Works

Heb. 11:6; Rom. 4:20-21
Gal. 6:9-10; Matt. 5:16

V. HOW TO MEDITATE ON GOD'S WORD

Psalm 1:1–2 (ESV) *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.*

Meditation is _____ about a Bible verse in order to discover how I can apply its truth to my own life.

WHY MEDITATE ON SCRIPTURE?

1. It is the key to becoming like _____.

Romans 12:2 (ESV)

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

1 Corinthians 3:18 (ESV) *Let no one deceive himself. If anyone among you thinks that he is wise in this age, let him become a fool that he may become wise.*

2. It is the key to answered _____.

John 15:7 (ESV) *If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.*

3. It is the key to successful _____.

Joshua 1:8 (ESV) *This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

SIX WAYS TO MEDITATE ON A VERSE

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.
6. _____ **it!** Ask the following nine questions:

S.P.A.C.E.P.E.T.S. Questions

Is there any ...

S _____ **TO CONFESS?**

P _____ **TO CLAIM?**

A _____ **TO CHANGE?**

C _____ **TO OBEY?**

E _____ **TO FOLLOW?**

P _____ **TO PRAY?**

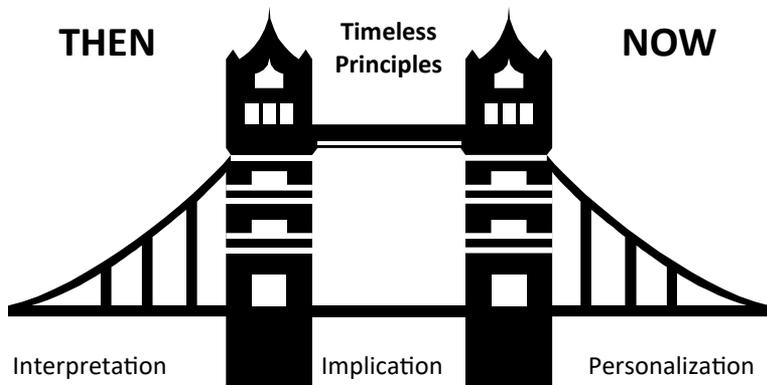
E _____ **TO AVOID?**

T _____ **TO BELIEVE?**

S _____ TO THANK GOD FOR?
VI. APPLYING THE SCRIPTURES

James 1:22 (ESV) *But be doers of the word, and not hearers only, deceiving yourselves.*

Matthew 5:19 (ESV) *Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven.*



THE APPLICATION BRIDGE

1st ask: What did it mean to the original hearers?

2nd ask: What is the underlying timeless principle?

3rd ask: Where or how could I practice that principle?

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

There are four marks of a good application project.

It's P _____

It's P _____

It's P _____

It's P _____

THE HABIT OF A DAILY TIME WITH GOD

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."

I. 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 _____ to have fellowship with God.

Genesis 1:27 (ESV) *So God created man in his own image, in the image of God he created him; male and female he created them.*

Revelation 3:20 (ESV) *Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.*

2. Jesus _____ to make a relationship to God possible.

1 Corinthians 1:9 (ESV) *God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord.*

3. Personal time alone with God was Jesus' _____

Mark 1:35 (ESV) *And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

Luke 5:16 (ESV) *But he would withdraw to desolate places and pray.*

4. Every person who has been effective in _____ for God developed this habit.

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

5. You cannot be a _____ Christian without it!

Matthew 4:4 (ESV) *But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the*

mouth of God.' ”

II. THE PURPOSE OF A DAILY QUIET TIME

1. TO GIVE _____ TO GOD.

Psalm 29:2 (ESV) *Ascribe to the LORD the glory due his name; worship the LORD in the splendor of holiness.*

God deserves our devotion! (Rev. 4:11)

God desires our devotion! (John 4:23)

2. TO GET _____ FROM GOD.

Psalm 25:4 (ESV) *Make me to know your ways, O LORD; teach me your paths.*

2 Things To Do In A Quiet Time

Consider your _____:

Proverbs 4:26 (ESV) *Ponder the path of your feet; then all your ways will be sure.*

Proverbs 3:6 (ESV) *In all your ways acknowledge him, and he will make straight your paths.*

Commit your _____:

Psalm 37:5 (ESV) *Commit your way to the LORD; trust in him, and he will act.*

3. TO GAIN _____ IN GOD.

Psalm 37:4 (ESV) *Delight yourself in the LORD, and he will give you the desires of your heart.*

FACT:

The better I get to know Christ, the more _____.

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

4. TO GROW _____ LIKE GOD.

2 Peter 1:4 (ESV) *by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.*

Acts 4:13 (ESV) *Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that they had been with Jesus.*

HOW TO BEGIN A DAILY QUIET TIME

1. SELECT A SPECIFIC _____.

The best time to have a quiet time is when I am

_____!

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!"
- **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, _____.

HOW LONG SHOULD A QUIET TIME BE:

3 Guidelines

Start with _____ minutes and let it grow.

Don't watch the _____!

Emphasize _____, not _____!

2. CHOOSE A SPECIAL _____.

Luke 22:39 (ESV) *And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.*

The Important Factor:

Mark 1:35 (ESV) *And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

3. GATHER THE _____ YOU'LL NEED.

1. A Bible - with readable print.
2. A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.

4. BEGIN WITH THE RIGHT _____

Psalm 46:10 (ESV) *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*

Psalm 119:18 (ESV) *Open my eyes, that I may behold wondrous things out of your law.*

Matthew 6:33 (ESV) *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

5. FOLLOW A SIMPLE _____

"FIFTEEN MINUTES WITH GOD"
(A Plan To Get You Started)

1. _____ . (1 Minute)

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

2. _____ . (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.

3. _____ . (4 Minutes)

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

You may use the S.P.A.C.E.P.E.T.S. or 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".

4. _____ . (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."*

5. _____ . (4 Minutes)

See the section on "The Habit of Prayer". Conclude our Quiet Time
by talking to God about what He has shown you and making your
requests from our prayer list.

III. HOW TO OVERCOME THE PROBLEMS WITH YOUR QUIET TIME

1. THE PROBLEM OF _____

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

Suggestions

1. Go to bed _____.
2. Get up _____.
3. Be aware of quiet time _____.
4. Fall asleep thinking _____.

2. THE PROBLEM OF _____

Satan will try to use anything to get your mind to wander during a quiet time.

Suggestions

- Get out of _____.
- Get thoroughly _____.
- Read and pray _____.
- _____ during your prayer time.
- Keep a _____.

3. THE PROBLEM OF _____

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 _____.

Possible Causes of Spiritual Dryness

1. Your physical condition.
2. Disobedience to God.
3. Rushing your quiet time.
4. Getting in a rut.
5. Not sharing insights with others.

4. THE PROBLEM OF _____

Your greatest problem will be your struggle to stay consistent. I find Satan fights nothing harder than my quiet time.

Suggestions

1. Make a covenant or vow to God.
2. Schedule it on your daily calendar.
3. Be prepared for Satan's excuses.
4. Leave your Bible open at night to the passage for the next day!

What if I miss a day?

Don't _____.

Don't _____.

Don't _____.

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

***Galatians 6:9 (ESV)** And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*

A PRAYER OF COMMITMENT

"Father, I realize 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'

