

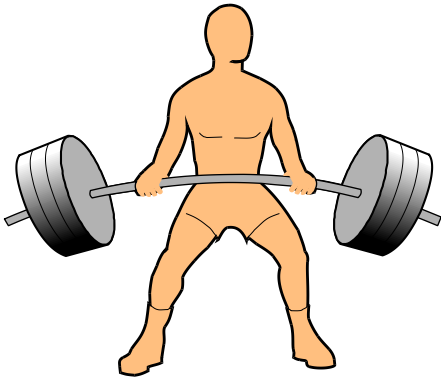


# IF YOU WANT TO GROW - DO THESE THINGS

## Study 3 Spiritual Growth

again," not physically, but spiritually born again. (See John 3: 3-7) In other words, as you were born the first time a baby, so this time you are born spiritually as a new son or daughter into God's family. It follows therefore that God expects you to **grow**, even as he shows us in Ephesians 4: 13 ...

As we saw in our last study, one of the things that God has done for you is that he has made you a brand new person. Jesus describes it as being "born



Do you want to grow to be strong spiritually? If you do, you will need to do these things:

- G**o to church
- R**ead your Bible
- O**bey God's word
- W**itness to others
- T**alk with God
- H**elp your neighbour

### 1/ GO TO CHURCH

The church is your spiritual **family**. It is where you fellowship with your brothers and sisters in Christ. Church is where you learn together, share together, grow together, just as you did in your natural family. Therefore attach yourself to a good, Bible believing, Christ honouring church. That way you will grow up happy and knowing that you "belong." Write Hebrews 10: 25 here:

### 2/ READ YOUR BIBLE

Your Bible is **food**. You can't survive without it, let alone grow! Jot down how God's word is described as "food" in the following Bible passages:

Psalm 119: 103 \_\_\_\_\_ 1 Peter 2: 2 \_\_\_\_\_ Matthew 4: 4 \_\_\_\_\_

Quoted below is 1 Peter 2: 2. In the brackets, add some more words that you can think of that mean the same as "crave."

*"Like new born babies, **crave** ( \_\_\_\_\_ ) pure spiritual milk, so that by it you may grow up in your salvation."*

Do you "crave" God's word? Why don't you get a good modern English Bible, and start a daily Bible reading program? Begin in the New Testament with one of the "gospels" (Matthew, Mark, Luke or John), and in the Old Testament with Proverbs.

Now quote how these two great men felt about God's word.

**JOB** (Job 23: 12)

**JEREMIAH** (Jeremiah 15: 16)



**MEMORY VERSE**

*"Man does not live on bread alone, but on every word that comes from the mouth of God."*

*(Matthew 4: 4)*

**3/ OBEY GOD'S WORD**

It's one thing to read God's word. It's another thing to **do** what it says. (See James 1: 25) Nevertheless God expects his children to obey! Also, he has the right as our Father to discipline us if necessary. (Read Hebrews 12: 5-11) However, a good training is worth everything. Study Joshua 1: 8 and list two things which result from obedience to God's word.

1. \_\_\_\_\_

2. \_\_\_\_\_

**4/ WITNESS TO OTHERS**

From the moment that you were born again it is important that you share your Christian experience with others.

"You are my witnesses ..." God says in Isaiah 43: 10.

You see, God's mission is to bring the good news to this world, but he intends to do it **through you!** Fill in the missing words from Mark 5: 19.

*"Go home to your own people and \_\_\_\_\_  
for you, and how he has had mercy on you."*

What does Jesus tell us to do in Mark 16: 15? \_\_\_\_\_

What are we called in Matthew 5: 14? \_\_\_\_\_

Why are we to let our light shine? (Mat. 5: 16) \_\_\_\_\_

\_\_\_\_\_

## 5/ TALK WITH GOD

Prayer is simply "talking with God," and talking to God is necessary in order to get to know him, and grow like him. If a young person can't relate to his parents it is probably because there was a lack of communication as a child. It is the same in the spiritual life. God wants you to share a **living relationship** with him as a true father and friend. (Look at Matthew 6: 9) That's why prayer (talking with God) is so important in order to grow. Look up John 15: 15. What is our relationship?



Enemy



Stranger



Servant



Friend

What was it in Acts 4: 13 which made the disciples so courageous, and stand out from the crowd?

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Therefore, one might ask, how much praying can be too much praying?

Read 1 Chronicles 16: 11 and Ephesians 6: 18 then write 1 Thessalonians 5: 17 here:

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## 6/ HELP YOUR NEIGHBOUR

Last but not least, we need to exercise our inward experience of faith in outward expressions of mercy. We don't do this in order to become a Christian. We do it because we already are his followers and our desire is to grow into Christ's example by reaching out to a struggling world.

Which is the **second greatest** commandment in the Bible?

(Matthew 22: 36-40) \_\_\_\_\_

From Matthew 25: 34-40 write down several practical ways that a Christian can love and help his neighbour.

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From your own neighbourhood or work place can you suggest several more practical ways that you might help your neighbour?

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"*And who is my neighbour?*" someone asks Jesus in Luke 10: 29-37. Jesus answers by telling the story of the 'Good Samaritan'. Our neighbour is the person in need, who we pass, perhaps every day, on our journey. Ask God to show him to you tomorrow.

More studies (and answers) here:  
[www.5loaves2fishes.net/free-resources](http://www.5loaves2fishes.net/free-resources)