



KNOW HOW YOU GROW

INTRODUCTION

Just like shoes, hats, pants and shorts, one size does not fit all in terms of spiritual growth. God made us unique and wants to develop that uniqueness as children who bring Him glory and honor.

DISCUSSION

What is the goal of spiritual growth?

EXPLANATION

In what ways have you tried to make yourself fit someone else's mold when it came to spiritual growth?

What activities totally drain you?

What activities bring you alive?

If failure were not an option what would you do with your life?

APPLICATION

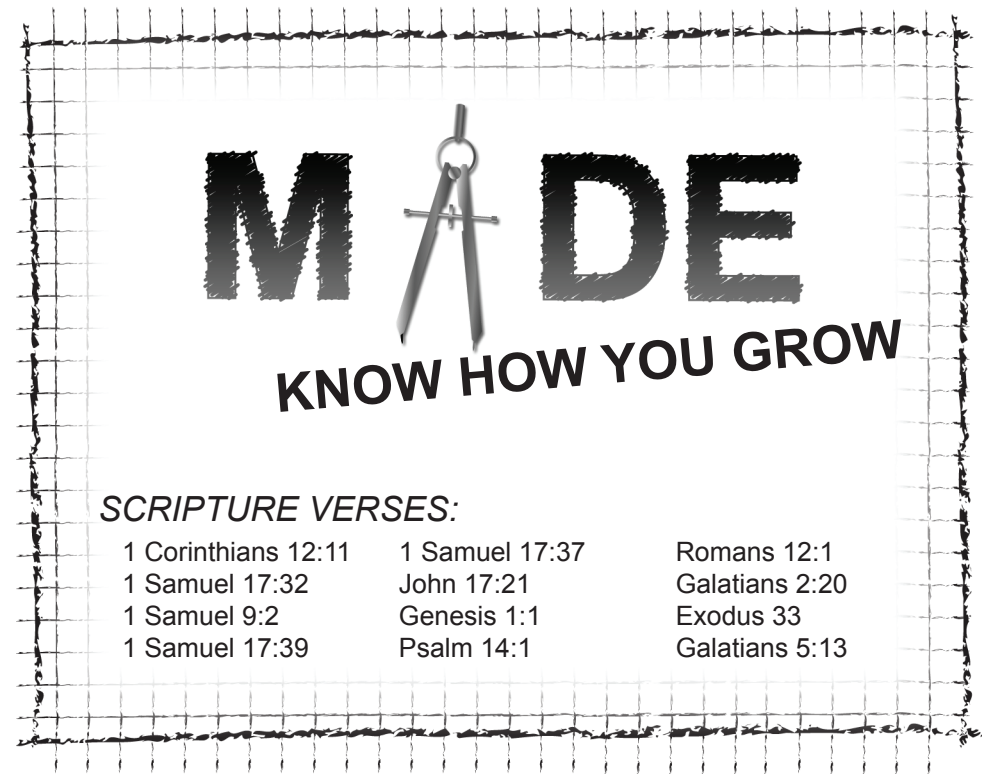
What is one of the hardest places for spiritual growth/disciplines in your life?

Why do you think this is so hard?

What is the easiest for you in terms of spiritual growth/disciplines?

In what ways can you use the things that come easier to help lift up those things that are not as easy?

How can the proper disciplines lead to a greater and more abundant life?



WEEK 2 NOTES

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1 Corinthians 12:11 “All these are the work of one and the same Spirit, and he gives them to each one, just as he determines.”

Our battle is physical and spiritual. Many times we get burdened because we try to wield weapons that have helped someone else (*how someone prays, reads the scriptures, starts the day, worships God, serves, studies...sometimes we get so frustrated because it works for someone else but not for us*). In Ephesians 6 Paul talks about the armor of God that EVERY believer needs to put on; this includes prayer, truth, righteousness, the scriptures, peace...they will fit, but not in the exact way as other people.

We need to stop walking about in someone ELSE'S armor and walk free in the armor God has for us. God doesn't grow 2 people the same way, He hand crafts us.

We all learn differently, struggle with different sins, and relate to the one and only God in different ways. When Jesus prayed for his disciples he said **John 17:21 May they also be in us so that the world may believe that you have sent me.** He didn't say, “May they all have the same devotional practices.” The measure of your devotional practices is not your DEVOTIONAL life...it is YOUR ENTIRE LIFE.

To make spiritual growth possible you NEED THE HOLY SPIRIT...only God makes things grow, and that growth is never predictable.

What Makes You Feel Alive?

What Is Your Temperament?

What Is Your Learning Style

Learning styles

- Visual — learn best by seeing
- Auditory — learn best by hearing
- Tactile — learn best by doing
- Oral — learn best by saying
- Social — learn best in groups
- Logical — learn best in linear process
- Imaginative — learn best through art, story, and image

Author Gary Thomas has written about how we all have what he calls sacred pathways — ways that we find naturally help us experience the presence of God.

- Naturalist — finds God in nature
- Ascetic — is drawn to disciplines
- Traditionalist — loves historical liturgies
- Activist — comes alive spiritually in a great cause
- Caregiver — meets God in serving
- Sensate — senses God through five senses
- Enthusiast — loves to grow through people
- Contemplative — is drawn to solitary reflection and prayer
- Intellectual — loves God by learning

(For more information on these categories, read Gary Thomas's book Sacred Pathways [Grand Rapids: Zondervan]...you may not agree with everything but much of it can be helpful).

Always be ready to grow, but true growth will never come without surrender.

Jesus taught that if you want to experience the life God, it must start in surrender. We receive power in surrendering to Christ that cannot be obtained any other way. We receive freedom we will never understand by surrendering.

