

# ***DISCOVERING SPIRITUAL MATURITY***

## **INTRODUCTION**

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Welcome to “Discovering Spiritual Maturity.” We're glad you've signed up! This class is the second of four basic classes in the *Discovering the Christian Life* series at Calgary Free Methodist Church. Since these classes build on each other, you ought to have attended “Discovering Church Membership” before taking this class.

### **THE PURPOSE OF THIS CLASS**

*“...that you may **become mature Christians** and may fulfill God's will for you.”*  
Colossians 2:12 (Phillips)

*“We are not meant to remain as children...but **to grow up** in every way into Christ.”*  
Ephesians 4:14-15 (Phillips)

### **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”?**

*“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 (Phillips)

**Spiritual maturity is \_\_\_\_\_**

*“From the very beginning God decided that those who came to Him...should be **like His Son**.”* Romans 8:29 (TLB)

## 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 is still a baby Christian.”* Hebrews 5:12-13 (TLB)

### 2. IT IS A PROCESS

*“Learn to be mature.”* Proverbs 8:5 (GN)

*“Continue to grow in the grace and knowledge of our savior Jesus Christ.”*  
2 Peter 3:18 (GN)

**THERE ARE NO SHORTCUTS TO SPIRITUAL MATURITY!**

### 3. IT TAKES DISCIPLINE

*“Take the time and the trouble to keep yourself spiritually fit.”*  
1 Timothy 4:7 (Phillips)

*“Discipline yourself for the purpose of godliness.”* (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 said, “Anyone who does not **carry his cross** and follow Me cannot be My disciple.” Luke 14:27
5. I am to do this \_\_\_\_\_  
Jesus said, “If anyone would come after Me, he must deny himself, and take up his cross **daily** and follow Me.” Luke 9:23
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?

#### BY DEVELOPING \_\_\_\_\_

*“You have **put off the old self** with its **HABITS**, and have put on the new self...which God is continually renewing in His own image, to bring you to a full knowledge of Himself.”* Colossians 3:9-10

#### TIME WITH 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

#### PRAYER

*“If you remain in Me, and My words remain in you, then you will **ask for anything you wish**, and you will shall have it...in this way you become my disciples.”*

John 15:7-8 (GN)

#### TITHING

*“Simply put, if you're not willing to take what is dearest you, whether plans or people, and kiss it good-bye, you can't be my disciple.”* Luke 14:33 (The Message)

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

Deuteronomy 14:32 (TLB)

#### FELLOWSHIP

*“Love each other just as much as I love you. **Your strong love for each other** will*

*prove to the world that you are My disciples.”* John 13:34-35 (TLB)

**DEFINITIONS OF "HABIT"**\*

- "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."

*\*From Webster's Dictionary*

**THE GOAL OF THIS CLASS:**

That I will \_\_\_\_\_ to the habits necessary for spiritual maturity.

*"In the past you **voluntarily gave** your bodies to the **service of vice** and...the purposes of evil. So **now give yourselves** to the **service of righteousness**—for the purpose of becoming truly good." Romans 6:19 (Phillips)*

**CLASS OUTLINE**

**LESSON #2 – HOW TO GET A GRASP ON YOUR BIBLE**

**LESSON #3 – THE HABIT OF A DAILY TIME WITH GOD**

**LESSON #4 – THE HABIT OF PRAYER: TALKING WITH GOD**

**LESSON #5 – THE HABIT OF TITHING: GIVING BACK TO GOD**

**LESSON #6 – THE HABIT OF FELLOWSHIP: ENJOYING GOD'S FAMILY**

**LESSON #7 – HOW TO START AND MAINTAIN GOOD HABITS**