



Move Forward

6 STEPS TOWARD HOLISTIC
SPIRITUAL GROWTH



Introduction

When we look to the pages of the New Testament, we see that a disciple of Christ is someone who's *intentional, sacrificial, and missional*.

That is, disciples take initiative in their spiritual growth (intentional), invest their time, gifts, and financial resources for advancing God's kingdom (sacrificial), and help others follow Jesus (missional).

For that to happen, there are 6 crucial areas every disciple is called to cultivate in their lives: **Gospel Clarity, Warm Devotion, Corporate Worship, Relational Holiness, Theological Formation, and Faithful Presence.**

This booklet will help you understand each one better and provide you with one practical step you can take in each today!

But before you begin, please remember that you're not on this journey alone! If you have questions, send us an email at office@thebrookchurch.com.

Blessings!



Step 1: Gospel Clarity

For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, ⁴ that he was buried, that he was raised on the third day in accordance with the Scriptures.

– 1 Corinthians 15:3-4

Gospel clarity is both the starting point and foundation of the disciple's entire life. The word "gospel" itself means "good news" and in the context of the New Testament, it's "*the good news of God rescuing us from our sin through Jesus's finished work.*"

The truth is that we all have sinned and deserve God's judgement. But God, in His grace, sent Jesus to die in our place. Through faith in Him, our sins are forgiven and we are reconciled to God. We then spend the rest of our lives living in light of this glorious truth.

Step you can take today: *Read Romans 1-5 and jot down notes about everything these chapters teach us about God, humanity, Jesus, and how we are called to respond to the Gospel.*



Step 2: Warm Devotion

¹⁹ "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

– Matthew 6:19-21

The Christian life is more than a list of do's and don'ts. It begins with a heart that has been changed by Jesus and moves outward from there. Our call as believers is to continually seek to stir our hearts' affections for Jesus by spending time in God's Word and prayer. You could also think of it this way: these disciplines are how we enjoy the communion with God that Jesus's finished work purchased for us.

Step you can take today: *Turn to Psalm 1 in your Bible and slowly read all the way through it. Next, read through it again, but this time pray each line back to God. Which portions describe you? Which don't? Bring all this to the Lord in honest prayer, remembering that He loves you deeply.*



Step 3: Congregational Worship

24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

– Hebrews 10:24-25

In his book *Life Together*, pastor and theologian Dietrich Bonhoeffer writes, “*the physical presence of other Christians is a source of incomparable joy and strength to the believer.*” That sentence is really a great commentary on Hebrews 10:24-25. Gathering for corporate worship is intended by God as an encouragement for our souls and is the centerpiece of our life together as a church family. It's where we read the Word, pray the Word, sing the Word, hear the Word preached, and see the Word through baptism and the Lord's Supper... *together.*

Step you can take today: *Make a plan for prioritizing corporate worship this Sunday. Putting it on our calendar reminds us that God is to be at the center of our lives.*



Step 4: Relational Holiness

12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.

– Hebrews 3:12-13

Christians are not called to be lone rangers. Rather, the Bible is filled with exhortations reminding us of the importance of knowing and being known by one another. It's how we help keep one another's hearts oriented toward God.

Step you can take today: If you haven't already, try out one of our Community Groups. And if you don't know where to start, email our discipleship pastor at drew@thebrookchurch.com. If you're already in a Community Group, get to know one other member of your group (same sex) on a deeper level by texting them and asking what they are most thankful for in their lives. It's a simple question that serves as a great window into their heart. Then share your answer with them too!



Step 5: Theological Formation

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² 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.*

– Romans 12:1-2

The life of the mind should be of utmost importance to the life of the believer. Not because we want knowledge for knowledge's sake. Rather, as ones who have been saved by God, we want to know Him more through careful study of His Word. And we can know we're on the right track when our learning is leading us to love Him and our neighbors more.

Step you can take today: Click “Discipleship Classes” under the Connect tab at thebrookchurch.com and sign up for our next class. They meet for 8 weeks on Sunday mornings and provide a great start to lifelong learning for the glory of God!



Step 6: Faithful Presence

18 And Jesus came and said to them, "All authority in heaven and on earth has been given to me. 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.

– Matthew 28:18-20

Faithful presence is about bearing loving witness to Christ in the places where we live, work, and play. This is what it means to live missionally – we make a conscious decision to bring the Gospel into our everyday lives. And, going back to step 1, this all stems from our own understanding of the Gospel. If Jesus is our greatest Treasure, then it will be more natural for us to bring Him up in our daily conversations. Why? Because we talk about the things we enjoy.

Step you can take today: *Identify one non-believer in your neighborhood, workplace, etc. and ask the Lord to provide you with an opportunity this week to let them know that you are a follower of Jesus.*

Where is God calling you to grow?

We hope that this booklet has provided you with some practical steps you can take today to grow in becoming an *intentional, sacrificial, and missional* disciple of Jesus.

But if you would like to home this in a bit more and get even clearer direction on where God may be calling you to grow in this particular season, we invite you to take The Growth Wheel assessment.

It's an online tool that will ask you more questions about the 6 crucial areas discussed above. Once you've completed it, our discipleship pastor will email you the results, along with a few suggested next steps and a template to help you develop your own **Spiritual Growth Plan**.

Start living intentionally today to bring God's kingdom everywhere you go!

Visit thebrookchurch.com/wheel to learn more.