



## Personal Spiritual Growth

Called to be a Keeper Skill Session

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What is Spiritual Growth?

We plan for physical growth. We should prepare even more for spiritual growth.

Is your relationship with God a priority in your life?

How is that priority demonstrated?

Making the most of your “quiet time”:

What?

Who?

When?

Why?

How?

Components of Spiritual Growth:

A. Prayer – Luke 11:1-4; Mark 1:35

B. Confession of sin – 1 John 1:9

C. Bible Study

God’s Word is

- useful for teaching, rebuking, correcting, and training in righteousness – 2 Timothy 3:16
- living and active – Hebrews 4:12a
- judge of thoughts and attitudes of the heart – Hebrews 4:12b
- the sword of the Spirit – Ephesians 6:17
- the Word of truth – Colossians 1:5
- a lamp and a light – Psalm 119:105
- guidance – Isaiah 58:11

- able to keep us from sin – Psalm 119:11
- our help and our shield – Psalm 33:20
- comfort – John 14:25-27
- wisdom – James 1:5: 3:17

D. Meditation – Psalm 1:2; 119:15

E. Journaling – (45 verses in NT, use the word remember)

F. Listening to the Lord – John 10:27

G. Obedience – John 15:9-11

H. Memorize His Word – Deuteronomy 6:6-8

I. Abide in Him – John 15:4-5

J. Accountability – Hebrews 10:24

K. Fellowship – Acts 2:42

Remember: *Growth is a process not an event.*

*What will happen when you embrace God with a passion that seizes and melts you into sweet union with Him? Horatio Bonar once said, “Your joy will be fervent but not feverish. You will be energetic but not excitable. You will be speedy in doing things, but not hasty. You will be prudent, but not selfish; resolute and fearless, but not rash. You will have joy without a lot of parade and noise. Your soul will be serene, yet people all around you will feel the influence of God.”*

*Want to be a Proverbs 31 woman? Grow spiritually.*

*Want to reflect Christ to your family and friends? Get to know Him more intimately.*

*Want to look back on life with no regrets? Learn to live in oneness with Christ.*

**Let’s get growing!**

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