

Developing Spritual Maturity

Life Coach - Week 2 of 5

January 10/11 2009

“Spend your time and energy in training yourself for spiritual fitness. 8 Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.”

1 Timothy 4:7-8 (LB)

1) Develop a healthy spiritual _____

“Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”

John 6:35

“Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.”

Hebrews 5-14

“But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you.”

John 14:26

2) Make a life _____

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Romans 12:1-2

The Exchanged Life...

False thinking -- His _____ (Romans 12:2)

My guessing -- His _____ (James 1:2-8)

Will power -- His _____ (Philippians 4:13)

3) Exercise your _____

“You say you have faith, for you believe that there is one God. Good for you! Even the demons believe this, and they tremble in terror. 20 How foolish! Can’t you see that faith without good deeds is useless?”

James 2:19-20

4) Enlist a _____

“Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. 24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.”

Hebrews 10:23-25