

Answer Key:

Try it this Way...

1. Eat • habits

How do you “EAT” God’s Word?

•Hear •Read •Study •Memorize •Meditate

2. learn

By...

• Listening •Watching • Talking •Doing

3. Grow •character •repetition / practice

4. help • maturity • Love

5. expected

6. commit

Let’s Move Forward!

Ephesians 4:14-16 Message

God wants us to grow..., to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do.

Introductory Statement

Growth in the human soul requires a commitment to grow. A person must want to grow, decide to grow, and try to grow. Spiritual growth begins with a decision. It doesn’t have to be a complex decision, but it does have to be sincere. When Jesus’ followers decided to choose his way, they didn’t understand all the implications of their decision. They simply expressed a desire to follow him, and that was the beginning of an exciting journey of the soul. Jesus took that simple but sincere decision.

Every Believer Needs too!

Choose to focus your eyes on Jesus, the Author and Finisher of our faith.

Acts 20:32 NLT

“...I entrust you to God and the message of his grace that is able to build you up...”

Spiritual growth begins with a decision.

It doesn't have to be a complex decision, but it does have to be sincere.

When Jesus' followers decided to choose his way, they didn't understand all the implications of their decision.

They simply expressed a desire to follow him, and that was the beginning of an exciting journey of the soul.

Jesus took that simple but sincere decision and built on it.

Start with TRUST

T—Take away anything in your life that might slow you down or cause you to stumble.

R—Read and meditate upon Scripture.

U—Use the faith you have. Faith is like a muscle; it needs to be exercised every day. You can't just show up at church now and then and expect to have great faith. Exercise your faith daily.

S—Strengthen your life with prayer and fellowship.

T—Turn your eyes upon Jesus

Proverbs 3:5 TPT

"Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make."

Try it this Way...

1. _____ on God's Word.

Matthew 4:4 NLT

Jesus: "People need more than bread for their life; they must feed on every Word of God."

•God wants us to develop _____ so we can grow.

Acts 20:32 GNT

"...to the message (Word) of his grace, which is able to build you up and give you the blessings God has for all his people."

How do you "EAT" God's Word?

- _____ it
- _____ it
- _____ it
- _____ it
- _____ on it

2 Timothy 2:15 NLT

Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth.

Don't Cut out daily time with God!

2. We _____ in different ways.

Luke 3:18 CEV

"In many different ways John preached the good news to the people."

By...

- By _____!
- By _____!
- By _____!
- By _____ it!

Job 33:14 CEV

"God speaks in different ways, and we don't always recognize his voice."

People learn in different ways and we don't always recognize what's going on.

Bottom Line:

If we started today it will take us a year for everybody to see where God is working.

3. _____ our spiritual habits!

2 Corinthians 13:11 NLT

"Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you."

- Your _____ is the sum total of your habits.
- You develop habits by _____ and by _____!

Hebrews 5:14 GWT

"...solid food is for mature people, whose minds are trained by practice to know the difference between good and evil."

You determine your habits and your habits determine you!

1 Corinthians 9:25 GWT

"Everyone who enters an athletic contest goes into strict training. They do it to win a temporary crown, but we do it to win one that will be permanent."

John 13:17 AMP

"If you know these things, you are blessed [happy and favored by God] if you put them into practice [and faithfully do them]."

3 things I must do...

Corporate Worship

Acts 2: 46-47 LEB

"And every day, devoting themselves to meeting with one purpose in the temple courts and breaking bread from house to house, they were eating their food with joy and simplicity of heart, praising God and having favor with all the people. And the Lord was adding every day to the total of those who were being saved."

- **Life Groups**

Acts 2:44 Living Bible

"...all the believers met together constantly and shared everything with each other"

- **Time Along with God (Daily)**

Mark 1:35 NIV

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

Remember God's Word

Joshua 1:8 NCV

"Always remember what is written in the Book of the Teachings. Study it day and night to be sure to obey everything that is written there. If you do this, you will be wise and successful in everything."

4. Got to _____ each other
Grow!

Romans 1:12 NCV

"I want us to help each other with the faith we have. Your faith will help me, and my faith will help you."

- You will never grow to spiritual _____ by yourself.

Philippians 1:27 CEV

"...you are working together and that you are struggling side by side to get others to believe the good news."

- The #1 SKILL God wants you to learn is _____!

Hebrews 10:24-25 TEV

"Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more..."

Join a Life Group today!

5. You are _____ to grow.

Ephesians 4:12-13 NIV

"To equip his people for works of service, so that the body of Christ may be built until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."

Matthew 9:29 NIV

"Then he touched their eyes and said, "According to your faith let it be done to you"

Questions

Do you know what God is doing in your life right now?

6. We need to _____ to GROW!

Jeremiah 29:13 Message

"...you'll find me. "Yes, when you get serious about finding me and want it more than anything else..."

Fact:

growth is not *automatic*.

Intentional!

A *choice*.

You must *choose* to grow

2 Corinthians

Our greatest wish and prayer is that you will become mature Christians.

The Bible tells us that growth is God's will for your life.