



**Introduction:** \_\_\_\_\_ ... becoming more like Jesus... is God's will for His children.

1 Peter 2:2, "Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation."

2 Peter 3:18, "But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

Romans 8:29, "For those God foreknew he also predestined to be conformed to the image of his Son..."

**Truth:** Spiritual growth \_\_\_\_\_.

1 Corinthians 9:24-27 – "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."

Involves...

- \_\_\_\_\_ = the personal [promise] to achieve our purpose
- \_\_\_\_\_ = the personal [process] for achieving our purpose

**Three-fold \_\_\_\_\_ of spiritual growth:**

1. The \_\_\_\_\_ and \_\_\_\_\_ of the Holy Spirit in our hearts

1 Corinthians 2:9-10, "However, as it is written: 'No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him' — but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God."

2. The everyday \_\_\_\_\_ of \_\_\_\_\_

James 1:2-4, "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

3. The \_\_\_\_\_ of \_\_\_\_\_ for our spiritual growth

1 Corinthians 9:27(NLT), "I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."

Spiritual disciplines: "an activity that I can do which ultimately enables me to do what I cannot do on my own by direct effort." -Dallas Willard

Example: Jesus' \_\_\_\_\_ in the \_\_\_\_\_

Matthew 26:41, "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

## Two Categories of Disciplines

### 1. Disciplines of \_\_\_\_\_

1 Peter 2:11, "Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul."

Hebrews 12:1, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."

Examples: \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_;  
\_\_\_\_\_

### 2. Disciplines of \_\_\_\_\_

2 Peter 3:18a, "But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

Examples: \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_;  
\_\_\_\_\_

**Application:** If we are going to grow spiritually, we must establish the \_\_\_\_\_ and \_\_\_\_\_ in our lives.

1 Timothy 4:7, "...train yourself to be godly."

2 Peter 1:3-8, "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ."