

**GROW TRACK – PT. 1**  
**SECTION 1**

**Grow!**

The Rock Church of Temecula Valley Series

**Introduction To**  
**Spiritual Maturity and**  
**Habits**

Student Guide  
1 Timothy 4:7

Welcome to the Grow Track. In this class you will be discovering spiritual maturity. We strongly believe you can't be all that God wants you to be without making some basic commitments. We're going to talk today about the commitments that help you grow spiritually.

#### THE PURPOSE OF THIS CLASS:

The purpose is the same goal that Epaphras had for the Colossian Christians. He said, "That you may become mature Christians and that you may fulfill God's will for you."

Ephesians 4:14-15 "We are not meant to remain as children but to grow up in every way into Christ."

Once you're born into God's family, God wants you to grow up. What does it mean to be born again? It means to be born into God's family. Just like you've got a physical birth that gave you the desire to grow physically, you've had a spiritual birth and God wants you to grow spiritually. There are a lot of immature Christians, but God says He wants you to grow up.

#### THE FOCUS OF THE CLASS:

We're going to focus on Four Basic Habits that every Christian needs to develop in order to grow to spiritual maturity. These classes will equip you with the skills you need to begin these habits and will explain the tools you will need to continue these habits.

#### WHAT IS SPIRITUAL MATURITY?

Ephesians 4:13 (Phillips translation) "In the unity of common faith and the knowledge of the Son of God, we arrive at real maturity, the measure of development which is meant by the fullness of Christ."

Spiritual maturity is \_\_\_\_\_(being like Christ)\_\_\_\_\_.

Notice this has been God's goal all along. Romans 8:29 "For from the very beginning, God decided that those who came to Him should become like His son."

"Let us make man in our image."

As a result of sin, the Bible says, that image was marred -- God's original design of making man in His own image. Adam was made in the image of God, but he sinned and that image was marred. Jesus Christ came to earth to die on the cross to pay for our sins and to restore us to the point so that original goal could come back. It says here that we should become like His son.

#### **FACTS ABOUT SPIRITUAL MATURITY.**

### **1. IT'S NOT AUTOMATIC**

Hebrews 5:12-13 "You have been Christians for a long time now, and you ought to be teaching others, but instead you need someone to teach you. When a person is still living on milk, it shows he isn't very far along in the Christian life. He's still a baby Christian."

### **2. IT IS A PROCESS**

"Learn to be mature" The Bible says in 2 Peter 3:18, "Continue to grow in the grace and knowledge of our savior, Jesus Christ."

There is no shortcut to spiritual growth. There's no instant pill you could take and tomorrow you're going to be spiritually mature.

People try a lot of shortcuts. Some people look for an emotional experience -- "If I just get this 'certain experience', then all my problems will be solved and I will be a mature Christian." Other people say, "If I could just go to this seminar.... If I could just read this book... If I could just listen to this tape..." Other people say, "If I could just keep a certain set of rules, then I could be all God wants me to be."

But the Bible says that it's a continual process. You have to learn to be mature. But there are some skills that you can learn that will help you grow.

### **3. IT TAKES DISCIPLINE**

1 Timothy 4:7 "Take the time and the trouble to keep yourself spiritually fit." Is physical fitness automatic? No. Neither is spiritual fitness. It takes time and trouble. Just like to be physically fit you've got to exercise, develop some basic habits; the same is true of spiritual fitness. That's true in the Christian life. The Bible says, "Discipline yourself for the purpose of godliness." That's the New American Standard Version of the same verse. It takes discipline. When you talk about discipline you need to talk about discipleship because the two go together. There are seven key truths I want you to understand as an overview to where we're going.

## **Seven Key Truths to Understanding Discipleship**

### **1. Discipleship is Being with Jesus through the person of the Holy Spirit.**

#### **Mark 3:14-15**

Then He appointed the twelve, that they might be with Him and that He might send them out to preach, and to have power to heal sicknesses and to cast out demons.

#### **2 Corinthians 13:14**

The grace of the Lord Jesus Christ, and the love of God and the communion of the Holy Spirit be with you all. Amen

2. **The Bible teaches that mature believers are called \_\_\_\_\_(disciples)\_\_\_\_\_.**

3. **The Bible teaches that I cannot be a disciple without being \_\_\_\_\_(disciplined)\_\_\_\_\_.**

In fact, the two words go together -- disciple and discipline.

4. **The Bible also teaches that the more disciplined I become \_\_\_\_\_(the more God can use me)\_\_\_\_\_.**

5. **The mark of a disciple is \_\_\_\_\_(cross bearing)\_\_\_\_\_.**

**Luke 14:27**, Jesus said, "Anyone who does not carry his cross and follow me cannot be my disciple."

6. **How often am I to do this? \_\_\_\_\_(The Bible says daily)\_\_\_\_\_.**

Jesus said, "If anyone would come after me, he must deny himself, and take up his cross daily [circle this] and follow me."

That's what we're going to talk about. What does it mean in a practical sense to bear our cross.

7. **What's involved in cross bearing? \_\_\_\_\_(Whatever it takes)\_\_\_\_\_ to give Christ first place in my life.**

#### **FOUR HABITS OF A DISCIPLE**

**How can I become a disciple? By developing \_\_\_\_\_(disciple habits)\_\_\_\_\_.**

**Colossians 3:9-10**, "You have put off the old self with its habits and have put on the new self which God is continually renewing in his own image to bring you to a full knowledge of himself."

Notice it says God is able to make us in His image when we choose to put off old habits and when we choose to put on new habits. That's the way God changes us. God's number one goal is to make us like Christ -- that's maturity, to become like Christ. He says here that it's by putting off the old habits and putting on new habits is how we become like Christ.

(Read through these four verses here and circle the word disciple in each of them. )

## **1. TIME WITH GOD'S WORD.**

"If you continue in my Word then you are my disciples indeed. And you will know the truth and the truth will set you free." John 8:31-32 -.

## **2. PRAYER.**

It's not just a petition to God, but a communion with God.

### **Communion:**

"God is faithful, by whom you were called into the fellowship of His Son, Jesus *Christ our Lord.*" **1 Corinthians 1:9**

### **Petition:**

"If you remain in me, and my words remain in you, then you will ask for anything you wish, and you shall have it. In this way, you become my disciples." **John 15:7-8 (GN).**

The second thing we're going to look at is the habit of prayer. How do I pray effectively? How do I pray and get answers?

## **3. FELLOWSHIP.**

"Love each other just as much as I love you. Your strong love for each other will prove to the world that you are my disciples." John 13:34-35 (LB)

## **4. TITHING.**

Jesus said, "None of you can be my disciples unless he gives up all of his possessions..." Luke 14:33 (JB)

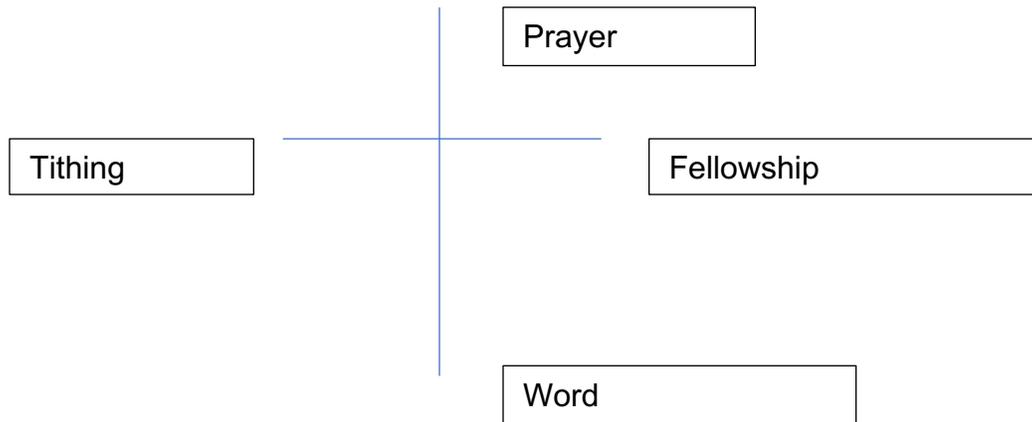
Tithing is simply the indication that that's true in our lives. If I'm not willing to give the first ten percent of what I make to God, how can I say that I've given it all to God?

"The purpose of tithing is to teach you to always put God first in your lives." Deuteronomy 14:23 (LB)

In other words, God doesn't need my money. God just says that tithing proves that He's first in my life. If you have a possession that God told you to give away, and you couldn't give it away, then you don't possess it. It possesses you. You want the proper perspective according to the Bible. When I tithe -- when I write out a check (If I make \$100 and I give the first \$10 back to God) -- it's not like I'm giving God ten percent of my money. Rather, if I'm a Christian, it's God letting me use ninety percent of His money. It's all His. God's letting me keep ninety percent.

## **THE DISCIPLE'S CROSS.**

(Draw The Disciple's Cross)



Notice that Prayer and The Word are vertical because they have to do with my relationship to God. As I talk to God in prayer and as He talks to me in His Word, I have a vertical relationship with God.

But then I also have a relationship with people and with money. So, Tithing and Fellowship involve the disciplines in those areas. If God is number one in my time and in my money and in my relationships, then He's number one in every area of my life. But if He's not number one in my time and not number one in my money or not number one in my relationships, then He's not really number one in my life.

### **DEFINITIONS OF "HABIT":**

Webster's Dictionary:

"A continual, often unconscious inclination to do a certain activity, acquired through frequent repetition. An established disposition of the character."

What this is saying is that character is simply the habitual way of doing things. If you want to have Christ-like character, then you just develop the habits that Christ had. Character is simply the habitual way of doing something. For instance, if I've got the character of kindness, it's because I'm habitually kind. If I have the character of saying, "I have discipline", it's because I've developed the habit of being disciplined.

A customary practice

The fact is that all of us are simply a bundle of habits. If you were to look at your life most of the things you do in life you do by habit -- You get up, you brush your teeth by habit, you shave (if you're a man) by habit. I'll bet, men, when you shave you probably start on the same side ninety percent of the time. When you wash yourself in the shower I bet you habitually start with either your left arm or something like that. We are creatures of habit.

How many of you would agree that it's easier to form good habits than it is to get rid of bad habits? It is. The way you get rid of bad habits is by replacing them.

So in this iGrow class, our goal is to help you replace some bad habits with some good habits that will help you grow in Christ-likeness.

**REMEMBER:**

Sow a thought, reap an act

Sow an act, reap a habit

Sow a habit, reap a character

Sow a character, reap a destiny

## **HOW TO START AND MAINTAIN GOOD HABITS**

### **Step One: Desire**

First you've got to have the desire, you've got to want to begin the habit.

### **Step Two: Decision**

To start a new habit, first you get the desire, and then you make the decision. The Bible says, if you wait for perfect conditions you'll never get anything done.

### **Step Three: Declaration**

You make a covenant resolution. The power of the vow is awesome. Psalm 76:11 "Make vows to the Lord your God and fulfill them." We're going to encourage you today to make a covenant vow.

### **Step Four: Determination**

You never allow an exception until the new habit is securely rooted in your life. It takes seven to twenty-one repetitions to learn something. If you're going to have a quiet time, you've got to do it for about 21 days before you start getting into the sense of it. If you're going to develop the habit of tithing, get into a small group, you've got to go on a regular basis.

### **Step Five: Do it**

Whenever you feel the slightest urge or prompting to do a new habit, do it then. Don't wait. Seize every opportunity to reinforce your habit. Those feelings won't last, so whenever you feel inclined to perform it, do it. If you're going to start having a quiet time and in the first week three or four times in a day, you've found yourself wanting to have another quiet time -- go ahead. It's ok to have three or four of them in one day. That's ok. Once you get started the more you do it, any time you have the slightest inclination to reinforce a good habit, do it.

### **Step Six: Double Up**

Get a partner who will encourage you and support you. Particularly if you're going to memorize scripture it's great to get a partner. Two are better than one.

### **Step Seven: Depend on God**

Rely on God's power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually. He'll do all he can to tempt you and cause you to slip, or to discourage you. The Bible says "The Spirit God has given us fills us with power, love, and self control."

"For it is God who is working within you, both to give you the will and the power to achieve his purpose."

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**GROW TRACK – PT. 1**  
**SECTION 2**

# **Pray!**

**The Rock Church of Temecula Valley Series**

## **The Habits of Daily Time with God & Prayer**

**Student Guide**

# THE HABIT OF A DAILY TIME WITH GOD

(PART 1)

James 1:25 “The one who looks steadily at God’s perfect law...and makes that law his HABIT – not listening and then forgetting, but actively putting it into practice will be happy in all that he does.”

## QUIET TIME

QUIET TIME IS:

“a daily time I set aside to be alone with God to get to know Him through the Bible and prayer.”

### I. THE IMPORTANCE OF A DAILY QUIET TIME

Your time alone with God should be the top priority in your schedule for five reasons.

1. We were (created) to have fellowship with God.

a. **Genesis 1:27** “So God created man in his own image.”

b. **Revelation 3:20**, “Look! I’ve been standing at the door and constantly knocking. If anyone opens the door, I will come in and fellowship with him and he with me.”

2. Jesus (died) to make the relationship possible.

**1 Corinthians 1:9** “God has invited you into this wonderful friendship with his Son, Christ our Lord.”

3. Personal time alone with God was Jesus’ (source of strength).

**Mark 1:35** “Jesus often withdrew to lonely places and prayed.”

4. This habit will help you be more effective in your (service) to God.

5. You cannot be a (healthy, growing) Christian unless you spend time with God.

**Matthew 4:4** “Man cannot live on bread alone but on every word that God speaks.”

**Job 23:12** (Job speaking) “I have treasured the words of His mouth more than my necessary food.”  
“How can a young man cleanse his ways?”

**Psalms 119:9**, “By keeping to your Word.”

### PURPOSE OF A DAILY QUIET TIME.

1. To give (devotion) to God.

**Psalms 29:2** “Give to the Lord the glory due to his name. Worship the Lord in the splendor of his holiness.”

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**2 Chronicles 31:21** "Hezekiah was successful because everything he did, he did in a spirit of complete devotion to his God."

**Revelation 4:11** "He alone is worthy."

### 2. To get     (direction)     from God.

**Psalms 25:4** "Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me."

"What is there in my life? What direction do I need to be headed? What goals do I need to be reaching toward?" Reflect upon your life.

### Two things to do in a quiet time:

1.     (Consider your way)    . **Proverbs 4:26** "Ponder the path of your feet and let all your ways be established." Take time to be quiet and assess your life. "In all your ways acknowledge Him, and he will direct your paths." **Proverbs 3:6** - Look at your life.

2.     (Commit your day to Him)    . "Commit everything you do to the Lord. Trust him to help you do it and he will

### 3. Gain     (delight in)     God

**Psalm 37:4** "Delight yourself in the Lord; and he will give you the desires of your heart." **Psalm 16:11** "God's presence fills me with joy and brings me pleasure."

The fact is, the better I get to know Christ the more     (I love Him)    .

### 4. To grow     (daily)     like God.

**2 Peter 1:3-4** "For as you know him better and better, God will give you, through His great power, everything you need for living a truly good life. He has promised to save us and to give us His own character."

**Acts 4:13 (LB)** "When the council saw the boldness of Peter and John...they were amazed and realized *what being with Jesus had done for them!*"

## HOW TO BEGIN A QUIET TIME

### 1. SELECT A SPECIFIC TIME

The best time to have a quiet time is when I'm     (at my best)    .

### Reasons For Considering Early Morning Quiet Time:

**There is the example of Bible characters.**

Every Bible character -- every great saint in the Bible -- rose early to meet with God. Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus... It was Jesus' habit, it was His practice, to rise up in the morning and go out and have time alone with the Father.

**It seems logical to begin the day with it.**

Hudson Taylor said, "The best time to tune up your instrument is before you play the concert, not

Grow Pt. 1 – Section 2 - PRAY! Class – The Habits of Daily Time with God and Prayer afterwards!"

It demonstrates that meeting with God is your first priority.

Plus, your mind will be more rested, and less cluttered, as early morning is often the quietest and most peaceful time of day.

Whatever times you set, (be consistent).

### HOW LONG SHOULD A QUIET TIME BE?

#### **1. 3 Guidelines:**

- 1) Start with 15 minutes a day and let it grow
- 2) Don't watch the clock.
- 3) Emphasize quality not quantity.

#### **2. CHOOSE A SPECIAL PLACE -**

**Luke 22:39** *"Jesus left the city and went, as he usually did, to the Mount of Olives to pray."*

There's really only one important factor that you need here. Solitude. You need to find a place where you can be alone.

**The Important Factor** - Mark 1:35 *"Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed."*

#### **3. GATHER THE RESOURCES YOU'RE GOING TO NEED**

- **Get a Bible with readable print.**
- **A notebook:** To write down what the Lord speaks to you. Keep your sermon notes and quiet time notes in there.
- **A songbook:** If you want to sing

#### **4. BEGIN WITH THE RIGHT ATTITUDE.** There are three things you need to have.

##### **1) (Reverence).**

**Ps 46:10** *"Be still, and know that I am God."*

You don't rush into God's presence. You prepare your heart.

##### **2) (Expectancy).**

**Ps 119:18** *"Open my eyes to see wonderful things in your Word."*

When you come to your quiet time, say, "Lord, I expect You to talk to me today. I expect to meet with You. I expect you to say something to me out of Your word."

##### **3) (Willingness to obey).**

**John 7:17** *"Whoever is willing to do what God wants will know whether it's true or not."* "Lord, before I even open this book, the Bible, I want You to know that I'm willing in advance to do what You want me to do. I'm saying 'Yes' in advance."

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### 5. FOLLOW A SIMPLE PLAN. (A plan to get you started. Take home and use as a guide)

#### FIFTEEN MINUTES WITH GOD

1) (Relax). 1 minute

Be still. Be quiet. Show down. Prepare your heart. Take two or three deep breaths.

2) (Read). 4 minutes

Read a section of Scripture. Read until you feel God's taught you something. When God speaks to you, you stop and you think about it.

3) (Reflect). 4 minutes

Meditate on the scripture. How do you meditate? Picture it, Pronounce it, Paraphrase it, Probe it -- SPACEPETS questions -- I look for those nine things; I'm meditating on scripture. I'm digesting. Meditation is thought digestion.

4) (Record). 2 minutes

In the recording section, you're going to write out a personal application statement. Write an application that is personal, practical and measurable. Dawson Trotman said, "Thoughts disentangle themselves when they pass through the lips and the fingertips." -- I'm becoming a doer of the word.

5) (Request). 4 minutes

This is your prayer time. Make your requests. Conclude your quiet time by talking to God about what He has shown you and making your requests from your prayer list.

#### HOW TO OVERCOME THE MOST COMMON "QUIET TIME PROBLEMS"

- 1) THE PROBLEM OF DISCIPLINE - This is the *battle of the blankets*. Billy Hanks tells the story about a young man who tries to offer an excuse to God for not having his quiet time. He said, "Oh, Lord. I'm really sorry. I wanted to meet with You this morning but something came up." God said, "Yeah, I know. I saw it. It's called a sheet."

#### Suggestions To Help With The Problem Of Discipline:

- Go to bed (on time).
- Get up (immediately).
- Be aware of quiet time (robbers).
- Fall asleep thinking (spiritual thoughts).

#### 2. THE PROBLEM OF DISTRACTIONS

Satan will try to use anything he can to get your mind to wander during a quiet time. Here are a few suggestions to help you overcome the problem of **distractions**.

#### Suggestions:

- Get out (of bed).

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- Get thoroughly (awake).
- Read and pray (aloud).
- (Walk) during your prayer time.
- Keep a (notepad nearby).

### 3. THE PROBLEM OF DRYNESS

Sometimes you're going to feel like you're not getting anything out of your quiet time. (The battle of the blahs!) Never judge your quiet time by your (feelings).

#### Possible causes for spiritual dryness:

- **Physical condition:**

It's hard to have spiritual goose bumps when you're physically worn out.

- **Disobedience to God or Sin in your life:** God's not going to show you something new until you've acted on what He's already shown you.
- **Rushing your quiet time:** "Hurry is the death of prayer." Samuel Chadwick said.
- **Getting in a rut:** Doing the same thing, the same way, at the same time.

- **Not sharing insights with others:**

If you don't give out what God is giving to you you're going to dry up spiritually. It's like the two lakes in Israel. At the top of Israel is the Sea of Galilee. It's green, it's fertile, it's alive, they still do commercial fishing in it. Out of the Sea of Galilee comes the Jordan River and the Jordan River then flows into the Dead Sea. The Dead Sea is literally that. There's nothing in it. It's full of brine and salt and there are no living things in it. What's the difference between the Sea of Galilee, which is alive, and the Dead Sea, which is dead? The Sea of Galilee receives water from the mountains of Hebron and the northern mountains of Lebanon and it comes in but then it gives out. The Dead Sea only takes in. There's no outlet. If you're always taking in and you never give out, you never share it with somebody else, you're going to be a dead sea.

### 4. THE PROBLEM OF DILIGENCE

Your greatest problem is going to be your struggle to stay consistent.

- **Make a covenant** or vow to God that you're going to spend fifteen minutes a day.
- **Schedule your quiet time** on your calendar. Put it as the first thing on your to do list.
- **Be prepared for Satan's excuses.** Satan knows if he can keep you out of the Word, he's got you defeated.
- **Leave your Bible open at night the night before to the passage you're reading.**

#### What if I miss a Day?

Don't (get on a guilt trip), Don't (be legalistic), Don't (give up).

**Galatians 6:9** "Let us not get tired of doing what is right. For after a while we will reap a harvest of blessing if we don't get discouraged and give up."

# THE HABIT OF PRAYER

## Talking with God

(Part 2)

"Base your happiness on your hope in Christ. When trials come, endure them patiently; steadfastly maintain the habit of prayer." Romans 12:12

### HOW TO REVITALIZE YOUR PRAYER LIFE.

#### 1. APPROACH PRAYER WITH THE RIGHT ATTITUDE.

**Matthew 6:5-8. v. 5** "When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men."

\*Be (Real). Don't try to impress (others) as the Pharisees were trying to do.

Don't try to impress (God).

Be (Relaxed). **Matthew 6 v. 6** "But when you pray go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you." Relax, you need to go some place where you can be alone, where you can be quiet and take those deep breaths, and remove distractions and concentrate.

\*Be (Revealing).

**Matthew 6:v. 7-8** "Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need before you ask Him!"

#### II. USE THE MODEL THAT JESUS GAVE TO US.

**Matthew 6:9- 15**, commonly called the Lord's Prayer. This prayer, Jesus said, "This is how you should pray" not what you should pray. He's giving us an illustration of things we should use in prayer, not this specific prayer to pray.

### SIX PARTS OF PRAYER

#### 1. PRAISE. I BEGIN BY (EXPRESSING MY LOVE TO GOD).

v. 9 "Our Father in heaven, hallowed be your name."

When you come to prayer you want to begin by expressing your love to God.

Two kinds of praise we're told to do. **1) Adoration** **2) Thanksgiving**

**Psalm 100:4** "Enter into his gates with thanksgiving, and into his courts with praise. Be thankful unto him, and bless his name."

**HOW TO PRAISE GOD – First, as you read your Bible and you come across a quality of God that you see, write it down. For example if you're reading in Numbers 14:8 it says that God is patient, God is merciful, God is forgiving.**

1<sup>st</sup> - (God's character) is the basis for answered prayer, making requests. God answers the prayers that acknowledge who He is.

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2<sup>nd</sup> - **remind yourself and affirm the promises that God has made** that are contained in the meaning of His names. **Jehovah- Jireh, Jehovah-Shalom**, all kinds of different names of God and each one of those tells us something else about Him.

3<sup>rd</sup> - **make a list of all that you're thankful for and review them when you pray.**

### 2. PURPOSE: I COMMIT MYSELF (TO GOD'S PURPOSE AND WILL FOR MY LIFE) .

***"Your kingdom come, Your will be done on earth as it is in heaven."***

This is an acknowledgment that God is God and I am not.

This is where I tell the Lord; just do whatever You need to do in my life, God, You do whatever You need to do in my life.

Claim Romans 12:2 *"Offer yourself as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer."*

### 3. PROVISION: I ASK GOD TO (PROVIDE FOR MY NEEDS) .

What needs do I pray about? (Absolutely every one of them) .

There is nothing too great for God's power to take care of and there's nothing too insignificant for His concern. So all my needs I'm to pray about.

**Philippians 4:19** says *"God will supply all of my needs from His riches in glory because of what Christ Jesus has done for us."*

**Romans 8:32** *"Since God did not spare even his own son for us but gave him up for us, won't he also surely give us everything else?"*

**James 4:2** says *"You do not have because you don't ask of God."*

Wishing and hoping for something is not the same as actually specifically asking for something. When you have a need, ask God for it. And be specific.

**Philippians 4:6** *"Don't worry about anything but in everything by prayer and petition with thanksgiving, present your requests to God."*

Why? Doesn't God know what I need? Why do I have to go and talk to Him about it?

Of course He knows what I need. He knows everything about me before I come to Him. But prayer is my personal declaration of dependence on God. When I come to Him I'm saying, "I'm totally dependent upon You, God. Not because of what I can work for or what I can earn by my smarts or by my industry, but I am totally dependent on You for my needs."

4. PARDON: I ASK GOD TO (FORGIVE MY SINS) . This part of the Lord's prayer says, ***"Forgive us our debts"***. There are four steps to forgiveness:

1) Ask the Holy Spirit to (reveal) every sin. "

*Examine me, O God, and know my mind; test me, and discover my thoughts. Find out if there is any evil in me."* **Psalm 139** says. Ask the Holy Spirit to reveal the sin.

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2) Confess each sin           (specifically)          .

Sometimes we like to get away with confession of sin by just saying, "Forgive me all my sins."

**Proverbs 28:13** *"You will never succeed in life if you try to hide your sins. Confess them and give them up. Then God will show mercy to you."*

3) Make           (restitution)           to others when necessary.

**Matthew 5:23-24** *"When you remember your brother has something against you, go at once to make peace with him, then come back and offer your gift to God."*

4) By faith           (accept)           God's forgiveness. *"If we confess our sins, he is faithful and just and will forgive us our sins, and purify us from all unrighteousness."* **1 John 1:9.**

**5) PEOPLE: \_\_\_(I PRAY FOR OTHER PEOPLE)\_. "As we have forgiven our debtors."**

**1 Timothy 2:1** *"Pray much for others; plead for God's mercy upon them, give thanks for all he is going to do for them."* (Living Bible).

If you want to know how to pray for other people           (look at the prayers of Paul)          .

**6. PROTECTION: I ASK FOR           (SPIRITUAL)           PROTECTION FROM GOD.**

**Matthew 6:v. 13** *"And lead us not into temptation but deliver us from the evil one."*

**1 John 4:4** *"The Spirit who is in you is more powerful than the spirit who is in those who belong to the world."* Don't be afraid. The Spirit in us is more powerful than the spirit who is in the world.

**The Names Of God: 8 Hebrew Names Of God – Declare Who God Is:**

**Jehovah–Shammah:** "God is Present with me" (Ezekiel 48:35) You are here! I am never alone!

**Jehovah–Rohi:** "God is my Shepherd" (Psalm 23:1). You lead me, and feed me, and protect me!

**Jehovah–Jireh:** "God is my Provider" (Gen. 22:14). You see what I need, before I even ask!

**Jehovah–Rophe:** "God is my Healer" (Exodus 15:26) You can heal my body, emotions, and relationships!

**Jehovah–Tsidkenu:** "God is my Righteousness" (Jer. 23:6) You accept me and forgive me because of Jesus!

**Jehovah–M'Kiddish:** "God is my Sanctification" (Lev. 20:8) You make me holy and Like Jesus!

**Jehovah–Shalom:** "God is my Peace" (Judges 6:24) You give me peace in spite of circumstances!

**Jehovah–Nissi:** "God is my Banner" (Exodus 17:15) You are my victory in conflict & confrontation!

**Think on the implications of these names and you'll have plenty to praise God for!**

## **Grow Pt. 1 – Section 2 - PRAY! Class – The Habits of Daily Time with God and Prayer**

### **PRAYER OF COMMITMENT:**

Father, I realize I was created to have fellowship with You. Thank You for making this privilege possible through Jesus' death. I know that daily fellowship with You is the most important thing in my life. I now want to commit myself to spending at least some time everyday with You in a quiet time of Bible reading and prayer. I'm trusting in Your strength to help me be consistent. In Jesus' name. Amen.