

## IDENTIFYING YOUR SPIRITUAL GROWTH POINTS

Sanctification is a process. And while growth in godliness remains a work of God from beginning to end, we are nonetheless instructed in Scripture to “work out our salvation with fear and trembling” (Philippians 2:12). And there are three major areas in our lives that need special attention: our *spiritual disciplines*, our *character*, and our *personal relationships*. This study is designed to look at each of these three aspects of our lives with a view to finding our “growth points” for each area.

Along with the discussion questions, we’ve included a “Personal Growth Points” page (see separate page) covering the three key areas. Take a few moments before you begin the study to look over the list of items beneath each heading.

1. Review the “spiritual disciplines” section of the Personal Growth Points page. Which of these disciplines do you most enjoy? Which are the most difficult? Do you think it is important to incorporate all of the disciplines into your Christian walk? Why or why not? What are some of the obstacles that consistently stand in the way of you giving yourself to the regular practice of these spiritual disciplines?
  
2. Read the passages below, matching each passage to the disciplines on the Personal Growth Point page. Can you think of additional scripture that speaks to each discipline? If so, write it below.
  - a. 2 Timothy 3:16 \_\_\_\_\_
  - b. Genesis 2:1-3 \_\_\_\_\_
  - c. James 5:17 \_\_\_\_\_
  - d. Psalm 119:11 \_\_\_\_\_
  - e. Acts 13:2-3 \_\_\_\_\_
  - f. 2 Corinthians 9:7 \_\_\_\_\_
  - g. 1 Peter 4:10 \_\_\_\_\_
  - h. Hebrews 10:25 \_\_\_\_\_
  - i. James 5:16 \_\_\_\_\_
  
3. Review the “character qualities” section of the Personal Growth Point page. Wow—what a list! What on this list comes easy for you? What is most difficult? What are the influences in your life—both within and without—that tempt you to compromise your character? Read Romans 12:1-2 and discuss how this passage provides valuable insight about character development.
  
4. Review the “personal relationships” section of the Personal Growth Point page. Jesus instructs us to love our neighbor as ourselves (Luke 10:27). Read Luke 10:29-39. According to this passage, how should we define “neighbor?” What might it look like to “love” the different people in your life (e.g., your spouse, your co-workers, the guy next door, etc.)?

5. As you move to breakout, spend a few moments alone with God. While looking at the list of “Personal Growth Points,” ask God to reveal to you one or two specific points from each category that needs improvement. Write these down in your personal journal or on a 3x5 card.
  
6. Once each person identifies a few key areas under each heading, pair up with another person in your small group and share your lists. Encourage each other with suggestions from God’s Word about how to make significant steps forward. Pray with each other for the Holy Spirit to provide the courage and strength to have victory. Call each other during the week to encourage and pray for each other. Below are additional suggestions for follow-up:
  - Pray daily about the area.
  - Identify specific, objective goals.
  - Read a book about the topic.
  - Do a Bible search/study regarding a topic.
  - Identify roots of sin that prevent growth in a specific area.
  - Meet with your small group leader or other believers to discuss how to grow in that area.
  - Begin writing in a journal.
  - Trust God to sanctify you and form you into the image of Jesus Christ

## PERSONAL GROWTH POINTS

### Spiritual Disciplines

- *Personal Bible Study* – a regular time of reading, studying, and meditating on Scripture
- *Prayer* – a meaningful prayer life including praise, confession, intercession for others, and listening
- *Scripture Memory* – systematically memorizing and reviewing Scripture
- *Giving* – cheerfully giving a biblical portion to the work of the Lord
- *Corporate Worship* – engaging with God through consistent participation in weekend worship services
- *Accountability* – connected in a relationship for the purpose of transparency and personal growth
- *Serving* – actively involved in shouldering weekly Kingdom responsibility
- *Fasting* – routinely fasting to remind yourself of your deep dependence on God.
- *Sabbath Rest* – setting aside a day a week for rest and refreshment in the Lord.
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### Character Qualities

- *Boldness* – speaking freely and openly about the good news of Jesus.
- *Compassion* – empathy on behalf of another's circumstance and acting on their behalf
- *Contentment* – being at peace; not given to anxiety, nor jealousy and envy
- *Even Tempered* – not given to sinful anger and temper
- *Faith* – confidence in God and His promises, regardless of the circumstances
- *Forgiveness* – releasing someone of a wrong done to you
- *Honesty* – being truthful and above reproach in all things; not deceptive nor hypocritical
- *Kindness* – acting in love and grace by helping others
- *Patience* – a spirit of forbearance, not easily angered
- *Peace* – the sense of fulfillment that comes from being rightly related to God and others
- *Purity* – thinking and acting in godly ways; not given to lust and sexual immorality
- *Self-control* – bringing thoughts, emotions, and actions under the control of the Holy Spirit
- *Selflessness* – considering the needs of others above yourself
- *Speaking Truth in Love* – willingness to speak truth in a spirit of grace; neither pandering nor harsh
- *Wholesome Speech* – quick to encourage and build others up; not given to vulgarity, gossip, slander
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### Personal Relationships

- Spouse
- Son
- Daughter
- Parent
- Sibling
- Neighbor
- Co-worker
- Witness with non-believer
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