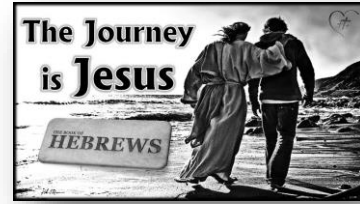




PASTOR BOB
March 18th, 2018



“GROWING UP”
Metrics of Spiritual Maturity, part 1
HEBREWS 5:11 – 6:8

Spiritual Maturity...

1. TRAINS for SPIRITUAL _____ 5:11-14
2. BUILDS on SPIRITUAL _____ 6:1-3
3. PRODUCES SPIRITUAL _____ 6:4-8

“Training” → gymnazo...gymnasium (naked, lightly clad) HEBREWS 12:1

- *Trained by Life’s* _____ HEBREWS 12:11
- *Trained by Self-* _____ 1 TIMOTHY 4:7
- *Training Requires a* _____ 1 CORINTHIANS 9:24-27

Spiritually Fit to...

1. RECOGNIZE SPIRITUAL _____ vs. 11b, 2 THESS 2:9-12
 - Does It Align with the _____ of God? JOHN 17:17
 - Does It Align with the _____ of God? JOHN 10:3, 27
 - Does It Align with the _____ of God? JOHN 16:13; REVELATION 2:7
2. HELP OTHERS SPIRITUALLY _____ vs. 12a
 - The Mission: *Make* _____! MATTHEW 28:19, 20
3. DINE on SPIRITUAL _____ vs. 12b
 - JOSHUA 1:8; 2 TIMOTHY 2:15
4. DO WHAT is SPIRITUALLY _____ vs. 13, 14
 - ZECHARIAH 4:6; GALATIANS 5:22, 23; 1 PETER 3:15, 16

LIFE GROUP STUDY NOTES
“GROWING UP”
Metrics of Spiritual Maturity, part 1

GETTING STARTED *“In your opinion...”*

1. This week we began a three part message on ***Growing Up***, identifying metrics (standards for measure) for spiritual maturity. Was there anything from the sermon that was helpful, eye-opening, or troubling?
2. Have you ever gone into any type of formal training? Why did you do it? What rigors did you endure to accomplish your goal or reward? Was it worth it? Explain.
3. What is the typical “default” lifestyle of people who do not intentionally go into training to achieve a reward? Why?
4. Why should spiritual maturity require rigorous training to grow and mature as followers of Jesus? Is it worth it? Explain.

GOING DEEPER *“According to the Bible...”*

Answer the following questions from what the Bible says in the suggested reading

- **Re-read the 3 verses referenced for “training”. What is the “prize” indicated by these verses? What kind of training is identified to achieve the prize?**
 - **Hebrews 12:11** (see verses 7-10)
 - **1 Timothy 4:7**
 - **1 Corinthians 9:24-27**
- **Re-read the verses that help us identify Spiritual Truth** (John 17:17; John 10:3, 27; John 16:13). **What do you do to increase your ability to recognize the voice of Jesus and the Spirit of God?**
- **Read Hebrews 10:24, 25. Why are these verses so crucial for the second metric, “Helping Others Spiritually Grow”? Could this be just as important a reason for going to church as, what most people say, “Learning about God”?**
- **Read 1 Peter 3:15, 16. Why is it so important to have the right attitude with the right action?**

LIVING OUT

- **Are you willing to intentionally enter into training to grow in your spiritual maturity?**