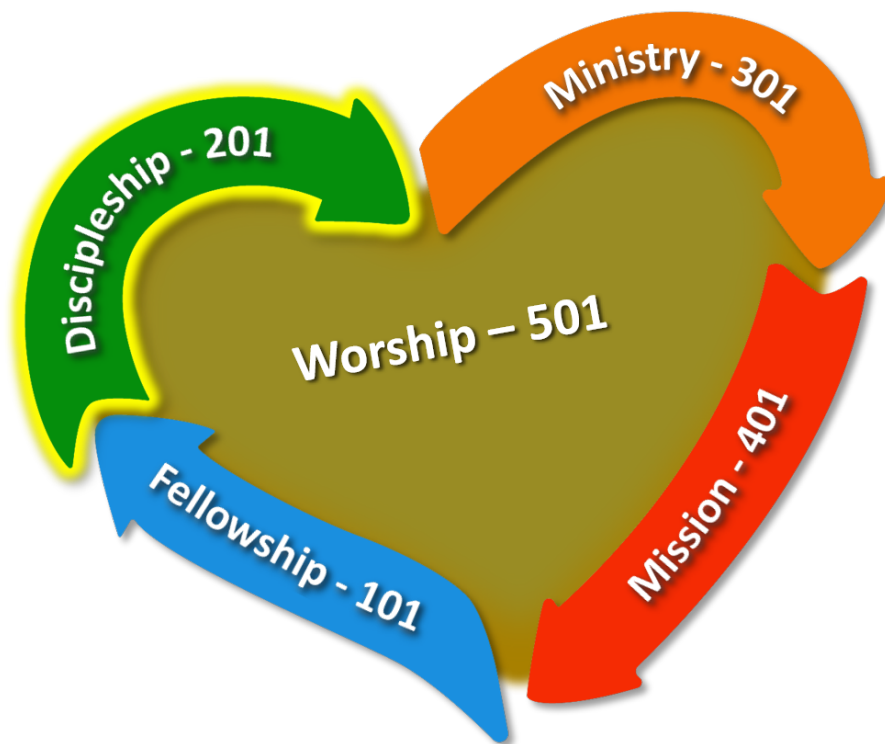


# DISCOVERING SPIRITUAL MATURITY CLASS 201



## STUDENT'S SYLLABUS

LTC's Discipleship Process

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*Edited by Pastor Chong Lee Yang on 2/4/2021  
For Life Transformation Church*



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# **SESSION 1**

*Introduction: Spiritual Maturity and Habits*

*The Habit of Time with God's Word: Knowing God  
Better*



# Introduction

## *Spiritual Maturity and Habits*

*“So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up 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.”*

Ephesians 4:11-13 (NIV)





## I. GOD'S PURPOSE FOR THE CHURCH

<sup>19</sup>Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matt. 28:19-20 (NIV)

1. God's purpose for the church is to \_\_\_\_\_.
2. Bringing people to Christ, "baptizing them," is the \_\_\_\_\_ step for making disciples, not the purpose.
3. The church makes disciples of believers by \_\_\_\_\_ Christ commanded. At a high level, this means teaching them to grow in the five areas of
  - \_\_\_\_\_.
  - \_\_\_\_\_.
  - \_\_\_\_\_.
  - \_\_\_\_\_.
  - \_\_\_\_\_.

## II. GOD'S PURPOSE FOR YOU

<sup>31</sup>So Jesus said to those who believed in him, "If you **obey** my teachings, you are really my disciples; <sup>32</sup>you will know the truth, and the truth will set you free." Jn. 8:31-32 (GNT)

1. God's purpose for you is to become a \_\_\_\_\_.
2. There is a \_\_\_\_\_ between believers and disciples.
3. Disciples are those who \_\_\_\_\_ Christ's teaching.
4. \_\_\_\_\_ disciples will \_\_\_\_\_ the truth and be \_\_\_\_\_ by the truth.

## III. THE PURPOSE OF THIS CLASS

1. The purpose of this class is help you become a \_\_\_\_\_ disciple.

*"... that you may **become mature** Christians and may fulfill God's will for you."* Col. 4:12b (Ph)

*"We are not meant to remain as children ... but to grow up in every way into Christ ..."*

Eph. 4:14-15 (Ph)

2. Mature disciples are those who \_\_\_\_\_ Christ every day.

*"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and **take up their cross daily and follow me.**'"* Lk. 9:23 (NIV)

**Mature disciples are those . . .**

a) Who no longer \_\_\_\_\_ to the pattern of this world.

*“Do not conform to the pattern of this world ...” Rom. 12:2a (NIV)*

b) Whose have been \_\_\_\_\_ by renewing their mind through God’s Word.

*“... but be transformed by the renewing of your mind.” Rom. 12:2b (NIV)*

*“Put on your new nature, and **be renewed as you learn to know** your Creator and become like him.” Col. 3:10 (NLT)*

**3. Spiritual maturity is \_\_\_\_\_.**

*“... In the unity of common faith, and knowledge of the Son of God, we arrive at real maturity - the measure of development which is meant by ‘the fullness of Christ.’” Eph. 4:13 (Ph)*

*“For from the very beginning God decided that those who came to him ... **should become like his Son** ...” Rom. 8:29 (LB)*

#### **IV. THE FOCUS OF THIS CLASS**

We will focus on the \_\_\_\_\_ every Christian needs to develop in order to grow to spiritual maturity.

**1. The habit of \_\_\_\_\_.**

*“If you **continue in my Word**, then you are truly my disciples; and you will know the truth and the truth will set you free.” Jn. 8:31-32 (NAS)*

**2. The habit of \_\_\_\_\_.**

*“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.” Jn. 15:7-8 (GNT)*

**3. The habit of \_\_\_\_\_.**

*“The purpose of tithing is to teach you to always **put God first** in your lives.” Deut. 14:23 (LB)*

**4. The habit of \_\_\_\_\_.**

*“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.” Jn. 13:34-35 (LB)*

## V. FACTS ABOUT SPIRITUAL MATURITY

1. It is not \_\_\_\_\_.

*“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!”* Heb. 5:12-13 (LB)

2. It is a \_\_\_\_\_.

*“Learn to be mature.”* Pro. 8:5 (GNT)

*“Continue to grow in the grace and knowledge of our savior Jesus Christ.”* 2 Pet. 3:18 (GNT)

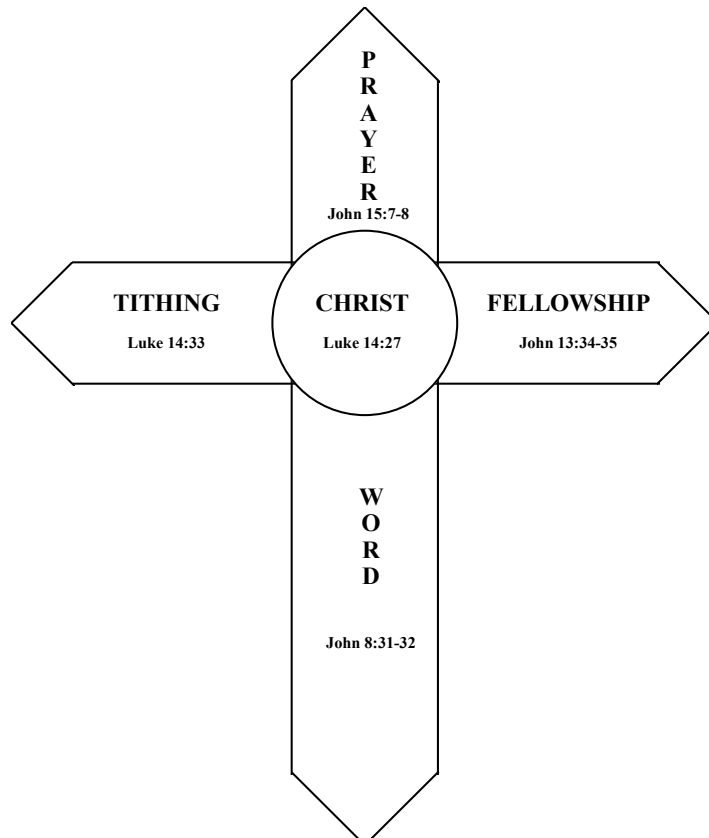
3. It takes \_\_\_\_\_.

*“Take **the time and the trouble** to keep yourself spiritually fit.”* 1 Tim. 4:7b (Ph)

*“Discipline yourself for the purpose of godliness.”* 1 Tim. 4:7b (NASB)

**Key:** I become a mature disciple by practicing the \_\_\_\_\_ consistently.

*“... you have **taken off your old self** with **its practices** and have put on the new self, which is being renewed in knowledge in the image of its Creator.”* Col. 3:9-10 (NIV)



**Definitions of “habit” (webster’s online dictionary)**

- A settled tendency or usual manner of behavior
- An acquired mode of behavior that has become nearly or completely involuntary
- A behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

“Sow a thought, reap an act. Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.” Ralph Waldo Emerson

**VI. THE GOAL OF THIS CLASS**

That I will \_\_\_\_\_ to living the habits necessary for spiritual maturity.

*“In the past you voluntarily gave your bodies to the service of vice and ... the purposes of evil. So now give yourselves to the service of righteousness - for the purpose of becoming truly good.”*

Rom. 6:19 (Ph)

**PUT INTO PRACTICE**

From here on, I commit to living the following FOUR HABITS of spiritual maturity. (Check the ones that you will commit to living out).

- \_\_\_ The Habit of Time with God’s Word: Knowing God Better
- \_\_\_ The Habit of Prayer: Fellowshiping with God
- \_\_\_ The Habit of Tithing: Honoring God with My Giving
- \_\_\_ The Habit of Fellowship: Participating in God’s People

## INTRODUCTION: SPIRITUAL MATURITY AND HABITS ANSWER KEY

### I. God's Purpose for the Church

- a. God's purpose for the church is to **make disciples**.
- b. Bringing people to Christ, "*baptizing them*," is the **first** step for making disciples, not the purpose.
- c. The church makes disciples of believers by **teaching them to obey everything** Christ commanded. At a high level, this means teaching them to grow in the five areas of
  - **Worship**
  - **Discipleship**
  - **Fellowship**
  - **Ministry**
  - **Mission**

### II. God's Purpose for You

- a. God's purpose for you is to become a **disciple**.
- b. There is a **difference** between believers and disciples.
- c. Disciples are those who **obey** Christ's teaching.
- d. **Only** disciples will **know** the truth and be **set free** by the truth.

### III. The Purpose of this Class

- a. The purpose of this class is help you become a **mature** disciple.
- b. Mature disciples are those who **follow** Christ every day.  
Mature disciples are those . . .
  1. Who no longer **conform** to the pattern of this world.
  2. Whose have been **transformed** by renewing their mind through God's Word.
  3. Spiritual maturity is **becoming like Christ**.

### IV. The Focus of this Class

We will focus on the **four basic habits** every Christian needs to develop in order to grow to spiritual maturity.

- a. The habit of **time with God's Word**.
- b. The habit of **prayer**.
- c. The habit of **tithing**.
- d. The habit of **fellowship**.

### V. Facts about Spiritual Maturity

- a. It is not **automatic**.
- b. It is a **process**.
- c. It takes **discipline**.

**Key:** I become a mature disciple by practicing the **four habits** consistently.

### VI. The Goal of this Class

That I will **commit** to living the habits necessary for spiritual maturity.



# The Habit of Time with God's Word

## *Knowing God Better*

*"The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. It is God's way of making us well prepared at every point, fully equipped to do good to everyone."*

2 Timothy 3:16-17 (LB)





## I. THE PURPOSE OF TIME WITH GOD'S WORD

1. It is the time for believers to \_\_\_\_\_ their daily bread.

*"Man cannot live on bread alone but on every word that God speaks."* Matt. 4:4 (GNT)

*"... I have treasured the words of His mouth more than my necessary food."* Job 23:12 (NAS)

God's Word is our \_\_\_\_\_ bread! Believers who do not have the habit of time in God's Word will starve and die spiritually!

2. It is the time for believers to \_\_\_\_\_ God's will and direction for their lives.

*"I have hidden your word in my heart so that I might not sin against you."* Ps. 119:11 (NIV)

*"Your word is a lamp for my feet, a light on my path."* Ps. 119:05 (NIV)

3. It is the time for believers to \_\_\_\_\_ their faith.

*"... Faith comes from hearing the message, and the message is heard through the word about Christ."* Rom. 10:17 (NIV)

### Ways to Hear God's Word

- The Bible on tape
- Church services & Bible studies
- Sermon tapes
- Radio/TV teachers
- Online sermons (Youtube and Facebook)

**Problem:** We forget \_\_\_\_\_ % of what we hear after 72 hours.

## II. HOW TO READ GOD'S WORD

*"Happy is the one who **reads** this book ... and obeys what is written in it!"* Rev. 1:3 (GNT)

How often should I read God's Word? \_\_\_\_\_.

*"[The Scriptures] shall be his constant companion. **He must read from it every day of his life** so that he will learn to respect the Lord his God by obeying all of his commands."* Deut. 17:19 (LB)

### Suggestions

- Read it systematically.
- Read it without notes.
- Read it in different translations, such as the New International Version (NIV), the New Living Translation (NLT), the New Revised Standard Version (NRSV), New American Standard Version (NASV), the Good News Translation (GNT), and The Living Bible (LB).
- Read it aloud quietly to yourself.
- Underline or color code key verses.

- Choose a reading plan and stick with it.

If I read approximately \_\_\_\_\_ minutes a day, I can read through the Bible once a year.

### III. HOW TO STUDY GOD'S WORD

“... they accepted the message eagerly and **studied the Scriptures** everyday ...” Acts 17:11 (Ph)

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and **who correctly handles the word of truth.**” 2 Tim. 2:15 (NIV)

The difference between reading and studying the Bible is that you \_\_\_\_\_ when you study.

The secret of effective Bible study is knowing how to \_\_\_\_\_.

- WHAT is the subject discussed? WHAT is the situation? Or WHAT is going on?
- WHO are the characters? WHO is involved?
- WHEN did this event happen or situation happen?
- WHERE did this event happen or take place?
- WHY did this happen? WHY did this take place?

As you ask the above questions, try to find the answers to them.

**Note:** LTC has a separate class on Bible study skills. You are encouraged to sign up for that class and take that class.

#### Suggested Resources for Bible Study

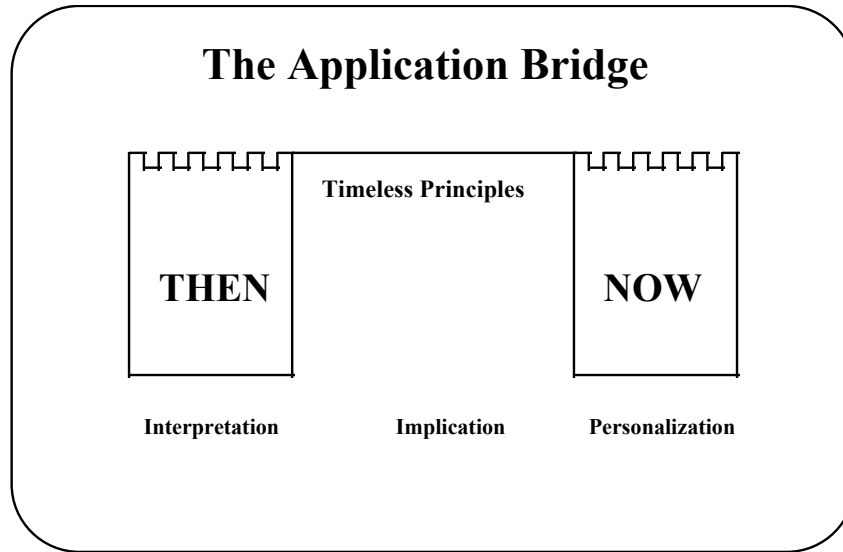
- *Dynamic Bible Study Methods* by Rick Warren (Victor Books)
  - 12 different methods are explained in simple step-by step instructions
  - Tapes are also available
- Study Bibles
  - The Best Personal Study Bible: *The Life Application Bible* (Tyndale)
  - The Best Topical Study Bible: *Thompson Chain Reference Bible, NIV* (Kirkbride)
  - The Best Background Study Bible: *The NIV Study Bible* (Zondervan)
  - The Best Doctrine Study Bible: *The Disciples Study Bible* (Holman)
- Bible Handbooks
  - *Richard's Complete Handbook* (Word)
  - *Haley's Bible Handbook* (Zondervan)
  - *Eerdman's Bible Handbook* (Eerdmans)

### IV. HOW TO APPLY GOD'S WORD

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” Jms. 1:22 (NIV)

“... whoever practices and teaches these commands will be called great in the kingdom of heaven.”  
Matt. 5:19 (NIV)

## HOW TO APPLY SCRIPTURE



**First ask:** What did it mean to the original hearers?

**Second ask:** What is the underlying timeless principle?

**Third ask:** Where or how could I practice that principle?

Write out a sentence that describes a project or action you will take to apply the truth.

### Four Marks of a Good Bible Study Application

2. It's \_\_\_\_\_.
3. It's \_\_\_\_\_.
4. It's \_\_\_\_\_.
5. It's \_\_\_\_\_.

*“Now that you know these things - **do them!** That is the path of blessing!”* Jn. 13:17 (LB)

## V. HOW TO MEMORIZE GOD'S WORD

*“Guard my words as your most precious possession. Write them down, and also keep them deep within your heart.”* Prov. 7:2-3 (LB)

### Benefits of Memorizing Scripture

1. It helps me \_\_\_\_\_ temptation.

*“I have hidden your Word in my heart that I might not sin against you.”* Ps. 119:11 (NIV)

2. It helps me \_\_\_\_\_ the devil's lies by knowing the truth.

*“Then you will know the truth, and the truth will set you free.”* Jn. 8:32 (NIV)

3. It helps me make \_\_\_\_\_ decisions.

*"Your word is a lamp for my feet, a light on my path."* Ps. 119:105 (NIV)

4. It \_\_\_\_\_ me when I'm under stress.

*"... Your promises to me are my hope. They give me strength in all my troubles; how they refresh and revive me!"* Ps. 119:49 (LB)

5. It \_\_\_\_\_ me when I'm sad.

*"Your words are what sustain me ... They bring joy to my sorrowing heart and delight me."*  
Jer. 15:16 (LB)

6. It helps me \_\_\_\_\_ to unbelievers.

*"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have."* 1 Pet. 3:15 (NIV)

### Memorizing a Verse

1. Pick a verse that speaks to you.
2. Say the reference **before and after** the verse.
3. Read the verse aloud many times. Record it!
4. Break the verse into natural phrases.
5. Emphasize key words when quoting the verse.
6. Write down the verse and erase a word one at a time.
7. Write out the verse on a flash card.
8. Write out the verse on note pad over and over until you remember it.

**Suggested beginning rate:** 1 new verse a week.

Three keys to memorizing: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

We remember what is \_\_\_\_\_.

*"Your teachings are worth more to me than thousands of pieces of gold and silver."* Ps. 119:72 (NCV)

### Scripture Memory Topics

The following verses suggest a "balance" in Scripture Memory. The verses selected are key verses in understanding the foundations of the Christian Life and Christian Growth. Do not feel tied-down to this suggested list. This is only a tool to lead you in an understanding of the importance of memorizing "key" verses.

#### **Live the New Life:**

Christ the Center	II Cor. 5:17; Gal. 2:20
Obedience to Christ	Rom. 12:1; Jn. 14:21
The Word	II Tim. 3:16; Josh. 1:8
Prayer	Jn. 15:7; Phil. 4:6-7
Fellowship	Matt. 18:20; Heb. 10:24

Witnessing Matt. 4:19; Rom. 1:16

**Proclaim Christ:**

All Have Sinned Rom. 3:23; Isa. 53:6  
Sin's Penalty Rom. 6:23; Heb. 9:27  
Christ Paid the Penalty Rom. 5:8; I Pet. 3:18  
Salvation Not by Works Eph. 2:8-9; Ti. 3:5  
Must Receive Christ Jn. 1:12; Rev. 3:20  
Assurance of Salvation I Jn. 5:13; Jn. 5:24

**Rely on God's Resources:**

His Spirit I Cor. 3:16; I Cor. 2:12  
His Strength Isa. 41:10; Phil. 4:13  
His Faithfulness Lam. 3:22; Num. 23:19  
His Peace Isa. 26:3; I Pet. 5:7  
His Provision Rom. 8:32; Phil 4:19  
His Help in Temptation Heb. 2:18; Ps. 119:9, 11

**Be Christ's Disciple:**

Put Christ First Matt. 6:33; Lk. 9:23  
Separate from the World I Jn. 2:15-16; Rom. 12:2  
Be Steadfast I Cor. 15:58; Heb. 12:3  
Serve Others Mk. 10:45; II Cor. 4:5  
Give Generously Prov. 3:9-10; II Cor. 9:6-7  
Develop World Vision Acts 1:8; Matt. 28:19-20

**Grow in Christ-likeness:**

Love Jn. 13:34-35; I Jn. 3:18  
Humility Phil. 2:3-4; I Pet. 5:5-6  
Purity Eph. 5:3; I Pet. 2:11  
Honesty Lev. 19:11; Acts 24:16  
Faith Heb. 11:6; Rom. 4:20-21  
Good Works Gal. 6:9-10; Matt. 5:16

## VI. HOW TO MEDITATE ON GOD'S WORD

*"[Those] who are always **meditating** on His Laws ... are like trees along a riverbank bearing fruit ... they never wither and whatever they do prospers." Ps. 1:2-3 (LB)*

Meditation is \_\_\_\_\_ about a Bible verse in order to discover how I can apply its truth to my own life.

### Why meditate on scripture?

1. It is the key to \_\_\_\_\_ like Christ.

*"... Your life is shaped by your thoughts." Prov. 4:23 (GNT)*

*"... Be transformed by the **renewing** of your mind." Rom. 12:2 (NIV)*

2. It is the key to \_\_\_\_\_ prayer.

*"If you live your life in Me, and my words live in your hearts, **you can ask for whatever you like, and it will come true for you.**" Jn. 15:7 (Ph)*

3. It is the key to \_\_\_\_\_ living.

*"... Meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Josh. 1:8 (NIV)*

### Six Ways to Meditate on a Verse

1. Picture it! Visualize the scene in your mind.
2. Pronounce it! Say the verse aloud, each time emphasizing a different word.
3. Paraphrase it! Rewrite the verse in your own words.
4. Personalize it! Replace the pronouns or people in the verse with your own name.
5. Pray it! Turn the verse into a prayer and say it back to God.
6. Probe it! Ask the following nine questions:

#### **S.P.A.C.E.P.E.T.S. Questions**

Is there any ...

- a) Sin to confess?
- b) Promise to claim?
- c) Attitude to change?
- d) Command to keep?
- e) Example to follow?
- f) Prayer to pray?
- g) Error to avoid?
- h) Truth to believe?
- i) Something to thank God for?

### PUT INTO PRACTICE

Today, I commit myself to read the Bible every day for \_\_\_\_\_ (time, such 10, 15, 20) minutes.

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

## THE HABIT OF TIME WITH GOD'S WORD

### ANSWER KEY

#### I. The Purpose of Time in God's Word

1. It is the time for believers to **eat** their daily bread.  
God's Word is our **daily** bread!
2. It is the time for believers to **receive** God's will and direction for their lives.
3. It is the time for believers to **increase** their faith.

**Problem:** We forget **95%** of what we hear after 72 hours.

#### II. How to Read God's Word

How often should I read God's Word? **Daily**

If I read approximately **15** minutes a day, I can read through the Bible once a year.

#### III. How to Study God's Word

The difference between reading and studying the Bible is that you **take notes** when you study.  
The secret of effective Bible study is knowing how to **ask the right questions**.

#### IV. How to Apply God's Word

Four Marks of a Good Bible Study Application

1. It's **personal**.
2. It's **practical**.
3. It's **possible**.
4. It's **provable**.

#### V. How to Memorize God's Word

Benefits of Memorizing Scripture

1. It helps me **resist** temptation.
2. It helps me **overcome** the devil's lies by knowing the truth.
3. It helps me make **wise** decisions.
4. It **strengthens** me when I'm under stress.
5. It **comforts** me when I'm sad.
6. It helps me **witness** to unbelievers.

Three keys to memorizing: **review, review, review**.

We remember what is **important to us**.

#### VI. How to Meditate on God's Word

Meditation is **focused thinking** about a Bible verse in order to discover how I can apply its truth to my own life.

**Why meditate on scripture?**

1. It is the key to **becoming** like Christ.
2. It is the key to **answered** prayer.
3. It is the key to **successful** living.





# **SESSION 2**

*The Habit of Prayer: Fellowshiping with God*



# **The Habit of Prayer**

## ***Fellowshipping with God***

*“Base your happiness on your hope in Christ. When trials come, endure them patiently; steadfastly maintain THE HABIT OF PRAYER.”*

Romans 12:12 (Ph, emphasis added)



## I. WHAT PRAYER IS

**DEFINITION:** “Prayer is a daily quiet time I set aside to be alone with God to fellowship with Him by listening to Him and talking to Him.”

**1. Prayer is a time to \_\_\_\_\_ with God.**

*“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.” Rev. 3:20 (LB)*

**2. Prayer is a \_\_\_\_\_ fellowship relationship:**

- We \_\_\_\_\_ to God to hear from Him.

*“Be still before the LORD and wait patiently for him ...” Ps. 37:7 (NIV)*

*“Be still, and know that I am God; I will be exalted among the nations, I will be exalted on earth.” Ps. 46:10 (NIV)*

- We \_\_\_\_\_ to God to share our heart and needs with Him.

*“Do not be anxious about anything, but in every situation, **by prayer and petition**, with thanksgiving, **present your requests to God.**” Phil. 4:6 (NIV)*

*“I call on you, my God, for you will answer me; **turn your ear to me and hear my prayer.**” Ps. 17:6 (NIV)*

## II. THE IMPORTANCE OF THE HABIT OF PRAYER

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

**1. We were \_\_\_\_\_ to have fellowship with God.**

*“So God created mankind in his own image ...” Gen. 1:27, 2:7, 3:8 (NIV)*

*“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.” Rev. 3:20 (LB)*

**2. Jesus \_\_\_\_\_ to make a relationship to God possible.**

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

**3. Personal time alone with God was Jesus' \_\_\_\_\_.**

*“Jesus **often** withdrew to lonely places and prayed.” Lk. 5:16 (NIV, see also Mk. 1:35, Lk. 22:39)*

4. Every person who has been effective in \_\_\_\_\_ for God developed this habit.  
Abraham, Moses, David, Daniel, Paul, etc.

### III. THE PURPOSE OF THE HABIT OF PRAYER

1. To give \_\_\_\_\_ to God by worshiping him.

*"Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness."*

Ps. 29:2 (NIV)

*"[Hezekiah] was successful, because everything he did ... he did in a spirit of complete devotion to his God." 2 Ch. 31:21 (GNT)*

God deserves our devotion (Rev. 4:11) and God desires our devotion (Jn. 4:23)!

2. To get \_\_\_\_\_ from God by listening to him.

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

Ps. 25:4 (LB)

3. To gain \_\_\_\_\_ in God by being in his presence.

*"Delight yourself in the Lord; and he will give you the desires of your heart." Ps. 37:4 (KJV)*

*"... [God's] presence fills me with joy and brings me pleasure." Ps. 16:11 (GNT)*

**Fact:** The better I get to know Christ, the more \_\_\_\_\_.

*The objective of your prayer time is not to study **about** Christ, but to actually spend time with him!*

4. To grow \_\_\_\_\_ like God by being with him.

*"Jesus has the power of God, by which he has given us everything we need to live and to serve God. We have these things because we know him ... With these gifts you can share in being like God."*

2 Pet. 1:4 (NCV)

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

5. To get \_\_\_\_\_ from God by sharing your heart to him.

*"Do not be anxious about anything, but in every situation, **by prayer and petition**, with thanksgiving, **present your requests to God.**" Phil. 4:6 (NIV)*

*"Give us today our daily bread." Matt. 6:11 (NIV)*

## IV. HOW TO BEGIN THE HABIT OF PRAYER

### 1. Select a specific time.

The best time to have a prayer time is when I am \_\_\_\_\_!

#### Reasons for considering an early morning prayer time:

- a. The example of Bible character (Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus).
- b. It seems logical to begin the day with it. "The best time to tune your instrument is before you play the concert, not after!"
- c. It shows that meeting with God is your first priority. You give him the first part of your day!
- d. You are likely to be more rested, your mind is less cluttered, and it's often the quietest time!

Whatever time you set, \_\_\_\_\_.

#### How long should a prayer time be?

- Start with 15 minutes and let it grow.
- Don't watch the clock!
- Emphasize quality, not quantity!

### 2. Choose a special place.

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

**The important factor:** *"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."* Mk. 1:35 (NIV)

### 3. Use the model Jesus gave us

*"This, then, is **HOW** you should pray . . ."* Matt. 6:9-15 (NIV, emphasis added)

#### The Six Parts of Prayer

a. Praise: I begin by \_\_\_\_\_.

*"Our Father in heaven, hallowed be your name ..."* Matt. 6:9 (NIV)

#### Two Kinds of Praise:

- Adoration: Praising God for *who he is*.
- Thanksgiving: Praising God for *what he has done*.

*"Enter his gates with thanksgiving and his courts with praise; **give thanks** to him and **praise his name**."* Ps. 100:4 (NIV)

#### How to Praise God:

- As you read your Bible, make a list of God's character qualities that you discover and then review them when you pray (*see Prayer Guide 1*)

Examples:

God is patient	Num. 14:18
God is merciful	Num. 14:18
God is forgiving	Num. 14:18
God knows everything	1 Sam. 2:2
God is loving	1 Jn. 4:8

**Key:** \_\_\_\_\_ is the basis for our boldness in making requests in prayer. God answers the prayers that acknowledge who he is!

- Remind yourself and affirm the promises God has made that are contained in the meaning of his names.
- Make a list of all that you are thankful for and review them when you pray.

**b. Purpose: I commit myself to \_\_\_\_\_.**

*"Your kingdom come, your will be done, on earth as it is in heaven ..."* Matt. 6:10 (NIV)

Pray for God's will to be done ... in my family ... my church ... my ministry ... my job ... my future ... my city ... the nation ... the world.

*"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."* Rom. 12:1 (GNT)

**c. Provision: I ask God to \_\_\_\_\_.**

*"Give us today our **daily** bread ..."* Matt. 6:11 (NIV)

What needs can I pray about? \_\_\_\_\_!

*"God will supply **all** your needs from his riches in glory because of what Christ Jesus has done for us."* Phil. 4:19 (LB)

*"[God] did not spare his own Son, but gave him up for us all - how will he not also, along with him, graciously give us all things?"* Rom. 8:32 (NIV)

*"You do not have because you do not ask God."* Jms. 4:2 (NIV)

**Key:** \_\_\_\_\_. Write down your requests, with a promise you are claiming from the Bible, and expect an answer!

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* Phil. 4:6 (NIV)

**d. Pardon: I ask God to \_\_\_\_\_.**

*"And forgive us our debts ..."* Matt. 6:12 (NIV)



### Four Steps to Forgiveness

- 1) Ask the Holy Spirit to \_\_\_\_\_ every sin.

*"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me." Ps. 139:23-24 (NIV)*

- 2) Confess each sin \_\_\_\_\_.

*"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." Prov. 28:13 (GNT)*

- 3) Make \_\_\_\_\_ to others when necessary.

*"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." Matt. 5:23-24 (GNT)*

- 4) By faith, \_\_\_\_\_ 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 Jn. 1:9 (NIV)*

- e. **People:** I pray for \_\_\_\_\_.

*"... as we have also forgiven our debtors." Matt. 6:12 (NIV)*

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

- f. **Protection:** I ask for \_\_\_\_\_.

*"And lead us not into temptation but deliver us from the evil one." Matt. 6:13 (NIV)*

Believers face a spiritual battle every day. Satan wants to defeat you through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

## V. HOW TO OVERCOME PRAYER PROBLEMS

### 1. The Problem of Discipline

Your greatest problem will be your struggle to stay consistent. Satan will fight very hard to stop you from praying. Why? Because when you pray, you connect with God and are empowered to live your day for God's glory.

- Set a time for prayer and make it your \_\_\_\_\_ priority.
- When the time to pray comes, \_\_\_\_\_ to it.
- Pray \_\_\_\_\_ whether you feel like it or not.

### What if I miss a day?

- Don't \_\_\_\_\_.
- Don't \_\_\_\_\_.
- Don't \_\_\_\_\_.

It takes \_\_\_\_\_ weeks for you to become familiar with a new task. Then it takes another \_\_\_\_\_ weeks before it becomes a comfortable habit.

*“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.” Gal. 6:9 (LB)*

## 2. The Problem of Distractions

- Turn your phone to \_\_\_\_\_ mode.
- Do not \_\_\_\_\_ to emails, social media or other things that will distract you.
- Find a time that is \_\_\_\_\_ in the day.

*“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.” Mk. 1:35 (NIV)*

- Find a place that is \_\_\_\_\_ and away from distractions.

*“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.” Mk. 1:35 (NIV)*

## 3. The Problem of Dryness

Sometimes you will feel like you're not getting anything out of your prayer time.

Never judge your prayer time by your \_\_\_\_\_.

### Possible Causes of Spiritual Dryness and Suggestions on How to Fix Them

- Your physical condition.**  
*Suggestion:* Get enough rest, eat healthy, and exercise.
- Disobedience to God.**  
*Suggestion:* Confess your sins and get right with God and others.
- Rushing your prayer time.**  
*Suggestion:* Find an unrushed time, relax, let go of the worries of life, and focus on God.
- Getting in a rut.**  
*Suggestion:* Focus your heart on encountering God, not just on praying for the sake of praying.
- Prayer becomes stale.**  
*Suggestion:* Share your prayer struggles with others and get their feedback and encouragement.

## A PRAYER OF COMMITMENT

*“Father, I realize that 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 to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a prayer time of Bible reading and prayer. I'm trusting in your strength to help me be consistent. In Jesus' name, Amen.”*

## PUT INTO PRACTICE

Today, I am committing myself to pray every day for \_\_\_\_\_ (time, such as 15, 20, 30) minutes.

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

## THE HABIT OF PRAYER ANSWER KEY

### I. What Prayer Is

1. Prayer is a time to **fellowship** with God.
2. Prayer is a **two-way** fellowship relationship:
  - We **listen** to God to hear from Him.
  - We **talk** to God to share our heart and needs with Him.

### II. The Importance of the Habit of Prayer

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.
2. Jesus **died** to make a relationship to God possible.
3. Personal time alone with God was Jesus' **source of strength**.
4. Every person who has been effective in **service** for God developed this habit.

### III. The Purpose of the Habit of Prayer

1. To give **devotion** to God by worshiping him.
2. To get **direction** from God by listening to him.
3. To gain **delight** in God by being in his presence.  
Fact: The better I get to know Christ, the more **I love him**.
4. To grow **more** like God by being with Him.
5. To get **provision** from God by sharing your heart to Him.

### IV. How to Begin the Habit of Prayer

1. Select a specific time.  
The best time to have a prayer time is when I am **at my best!**  
Whatever time you set, **be consistent**.
2. Choose a special place.
3. Use the model Jesus gave us
  - a. Praise: I begin by **expressing my love to God**.  
Key: **God's character** is the basis for our boldness in making requests in prayer. God answers the prayers that acknowledge who he is!
  - b. Purpose: I commit myself to **doing God's will**.
  - c. Provision: I ask God to **provide my daily needs**.  
What needs can I pray about? **All of them!**  
The key: **be specific**.
  - d. Pardon: I ask God to **forgive my sins**.  
Four Steps to Forgiveness
    - 1) Ask the Holy Spirit to **reveal** every sin.
    - 2) Confess each sin **specifically**.
    - 3) Make **restitution** to others when necessary.
    - 4) By faith, **accept** God's forgiveness.
  - e. People: I pray for **other people**.
  - f. Protection: I ask for **spiritual protection**.

## V. How to Overcome Prayer Problems

1. The Problem of Discipline
  - a. Set a time for prayer and make it your **top** priority.
  - b. When the time to pray comes, **stick** to it.
  - c. Pray **through** whether you feel like it or not.

What if I miss a day?

- Don't **become guilty**.
- Don't **become legalistic**.
- Don't **give up**.

It takes **three** weeks for you to become familiar with a new task. Then it takes another **three** weeks before it becomes a comfortable habit.

2. The Problem of Distractions
  - a. Turn your phone to **silent** mode.
  - b. Do not **read or respond to** emails, social media or other things that will distract you.
  - c. Find a time that is **least busy** in the day.
  - d. Find a place that is **quiet** and away from distractions.
3. The Problem of Dryness

Never judge your prayer time by your **feelings**.



# **SESSION 3**

*The Habit of Tithing: Honoring God with My Giving*





# **The Habit of Tithing**

## ***Honoring God with My Giving***

*“On the first day of each week, set aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn.”*

1 Corinthians 16:2 (LB)

## MY GIVING REVEALS MY SPIRITUAL MATURITY

*“But since you excel in everything—in faith, in speech, in knowledge, in complete earnestness and in the love we have kindled in you—see that you also **excel in this grace of giving.**” 2 Cor. 8:7 (NIV)*

### I. WHY GOD WANTS ME TO GIVE

#### Seven Benefits to My Life

1. Giving makes me \_\_\_\_\_.

*“For **God so loved** the world that **he gave** his one and only Son...” Jn. 3:16 (NIV)*

2. Giving draws me \_\_\_\_\_.

*“For where your treasure is, there your heart will be also.” Matt.6:21 (NIV)*

3. Giving is the antidote to \_\_\_\_\_.

*“Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them ... to **be generous and willing to share** ... so that they may take hold of the life that is truly life.” 1 Tim. 6:17-19 (NIV)*

4. Giving strengthens \_\_\_\_\_.

*“**Trust in the Lord** with all your heart and lean not on your own understanding. **Honor the Lord with your wealth** ... then your barns will be filled to overflowing ...” Prov. 3:5, 9 (NIV)*

*“Give to others, and God will give to you. ... The measure you use for others is the one that God will use for you.” Lk. 6:38 (GNT)*

5. Giving is an investment \_\_\_\_\_.

*“... Give happily to those in need, and always be ready to share whatever God has given you. By doing this, you will be storing up real treasure for yourselves in heaven - it is the only safe investment for eternity.” 1 Tim. 6:18-19 (LB)*

6. Giving blesses me \_\_\_\_\_.

*“The generous will themselves be blessed ...” Prov. 22:9 (NIV)*

*“**A generous person will prosper; whoever refreshes others will be refreshed.**” Prov. 11:25 (NIV)*

7. Giving \_\_\_\_\_.

*“It is more blessed to give than to receive.” Acts 20:35 (NIV)*

## II. WHAT THE BIBLE TEACHES ABOUT TITHING

### 1. What is tithing?

“Tithe” means “a \_\_\_\_\_ part”

### 2. What is the difference between a “tithe” and an “offering”?

- A “tithe” is giving \_\_\_\_\_ of my income.
- An “offering” is anything I give \_\_\_\_\_ to my tithe.

### 3. Why should I tithe? 8 reasons from God's Word:

#### a. Because God \_\_\_\_\_.

*“A tithe of everything from the land ... belongs to the Lord; it is holy to the Lord.”*

Lev. 27:30 (NIV)

#### b. Because Jesus \_\_\_\_\_.

*“You give a tenth of your spices - mint, dill and cumin. But you have neglected the more important matters of the law.”* Matt. 23:23 (NIV)

#### c. Tithing demonstrates that God has \_\_\_\_\_.

*“The purpose of tithing is to teach you to always put God in first place in your life.”*

Deut. 14:23 (LB)

#### d. Tithing reminds me that \_\_\_\_\_ was given to me by God!

*“But remember the Lord your God, for it is he who gives you the ability to produce wealth.”*

Deut. 8:18 (NIV)

#### e. Tithing expresses my \_\_\_\_\_.

*“What shall I return to the Lord for all his goodness to me?”* Ps. 116:12 (NIV)

*“Each of you should bring a gift in proportion to the way the Lord your God has blessed you.”*

Deut. 16:17 (NIV)

#### f. God says that refusing to tithe is \_\_\_\_\_ from Him!

*“Will a mere mortal rob God? Yet you rob me. But you ask, ‘How are we robbing you?’ In tithes and offerings. **Bring the whole tithe into the storehouse.**”* Mal. 3:8, 10 (NIV)

#### g. Tithing gives God a chance to prove \_\_\_\_\_ and wants to bless you!

*“Bring the whole tithe into the storehouse, that there may be food in my house. **Test me in this,**’ says the Lord Almighty, ‘and see if I will not throw open the floodgates of heaven and **pour out***

*so much blessing that there will not be room enough to store it.” Mal. 3:10 (NIV)*

**h. Tithing proves that I \_\_\_\_\_.**

*“If you love me [Jesus], obey my commands.” Jn. 14:15 (NLT)*

*“... I want you to be leaders also in the spirit of cheerful giving ... This is one way to prove that your love is real, that it goes beyond mere words.” 2 Cor. 8:7b - 8 (LB)*

**4. What should I tithe?**

The \_\_\_\_\_ part of what I earn, not the \_\_\_\_\_.

*“Honor the Lord with your wealth and with the best part of everything you produce.”*

Prov. 3:9-10 (NLT)

**5. Where should I give my tithe?**

Where I \_\_\_\_\_.

*“Bring the whole tithe into the storehouse [temple] ...” Mal. 3:8, 10 (NIV)*

**6. When should I tithe? \_\_\_\_\_ or when I \_\_\_\_\_ my income.**

*“On the first day of every week, set aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn.” 1 Cor. 16:2 (LB)*

### **III. GIVING WITH THE RIGHT ATTITUDES**

**1. Give \_\_\_\_\_.**

*“For if the willingness is there, the gift is acceptable according to what one has, not according to what one does not have.” 2 Cor. 8:12 (NIV)*

*“Each of you should give **what you have decided in your heart to give**, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Cor. 9:7a (NIV)*

**2. Give \_\_\_\_\_.**

*“... for God loves a cheerful giver!” 2 Cor. 9:7 (NIV)*

**3. Give \_\_\_\_\_.**

*“They gave as much as they were able, and even **beyond their ability**. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service ...” 2 Cor. 8:3-4 (NIV)*

4. Give \_\_\_\_\_.

*“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.” 2 Cor. 9:6 (NIV)*

### **THE KEY TO GIVING**

*“...They first gave themselves to the Lord ...” 2 Cor. 8:5 (NIV)*

### **A COMMITMENT PRAYER**

*“Father, I know you love me and want what's best for me. I recognize that all I have, or will ever have, comes from you. I am more interested in pleasing you than in having more possessions. I want you to have first place in my life and I am willing to begin tithing as you have commanded. Out of gratitude for all you've done for me, and in expectation that you will continue to provide for me, I commit myself to returning at least the first 10% of all I earn back to you. I want to begin investing for eternity. Help me to remain faithful to this commitment. In Jesus' name, Amen.”*

### **PUT INTO PRACTICE**

From here on, I will give \_\_\_\_\_ (amount) every \_\_\_\_\_ (how often), which is my tithe to God.

## THE HABIT OF TITHING ANSWER KEY

### I. Why God Wants Me to Give

Seven Benefits to My Life

1. Giving makes me **like God**.
2. Giving draws me **closer to God**.
3. Giving is the antidote to **materialism**.
4. Giving strengthens **my faith**.
5. Giving is an investment **in eternity**.
6. Giving blesses me **in return**.
7. Giving **makes me happy**.

### II. What the Bible Teaches about Tithing

1. What is tithing?  
“Tithe” means “a **tenth** part”
2. What is the difference between a “tithe” and an “offering”?
  - A “tithe” is giving **first tenth** of my income.
  - An “offering” is anything I give **in addition to** my tithe.
3. Why should I tithe? 8 reasons from God's Word:
  - a. Because God **commands it**.
  - b. Because Jesus **commended it**.
  - c. Tithing demonstrates that God has **first place in my life**.
  - d. Tithing reminds me that **everything I have** was given to me by God!
  - e. Tithing expresses my **love to God**.
  - f. God says that refusing to tithe is **stealing** from Him!
  - g. Tithing gives God a chance to prove **He exists** and wants to bless you!
  - h. Tithing proves that I **love God**.
4. What should I tithe? The **first** part of what I earn, not the **leftovers**.
5. Where should I give my tithe? Where I **worship**.
6. When should I tithe? **Weekly** or when I **receive** my income.

### III. Giving with the Right Attitudes

1. Give **willingly**.
2. Give **cheerfully**.
3. Give **sacrificially**.
4. Give **expectantly**.

# **SESSION 4**

*The Habit of Fellowship: Participating in God's Family*





# **The Habit of Fellowship**

## ***Participating in God's Family***

*“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other.”*

Hebrews 10:25 (GNT)

## I. WHY FELLOWSHIP IS SO IMPORTANT

1. I \_\_\_\_\_ in God's family with other believers.

*"You are a member of God's very own family ... and **you belong** in God's household with every other Christian."* Eph. 2:19 (LB)

*"... so in Christ we, though many, form one body, and each member **belongs** to all the others."*

Rom. 12:5 (NIV)

2. I need \_\_\_\_\_ to grow spiritually.

*"Let us think of one another and how we can encourage each other to love and do good deeds."*

Heb. 10:24 (Ph)

*"Two are better off than one ... If one of them falls down, the other can help him up. A rope made of three cords is hard to break."* Eccl. 4:9-10,12 (GNT)

3. I need \_\_\_\_\_ to grow spiritually

*"But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sin's deceitfulness."* Heb. 3:13 (NIV)

*"Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. Carry each other's burdens, and in this way you will fulfill the law of Christ."*

Gal. 6:1, 2 (NIV)

4. Christ is \_\_\_\_\_ when we fellowship together.

*"For wherever two or three have come together in my name, I am there, right among them!"*

Matt. 18:20 (GNT)

5. There is \_\_\_\_\_ when people pray together.

*"Whenever two of you on earth agree about anything you pray for, it will be done for you by My Father in heaven."* Matt. 18:19 (GN)

6. Fellowship is a \_\_\_\_\_ to the world.

(Jesus) *"My prayer for all of them is that they will be of one heart and mind ... so the world will believe you sent me."* Jn. 17:21(LB)

7. I am \_\_\_\_\_ to every other Christian

*"God has given you some special abilities; be sure to use them to help each other ..."* 1 Pet. 4:10 (LB)

*There are different kinds of service to God ... together you form the body of Christ and each one of you is a **necessary part of it.**"* 1 Cor. 12:5, 27 (LB)

### The “One Anothers” of Fellowship (Partial List)

Serve one another	Gal. 5:13
Accept one another	Rom. 15:7
Forgive one another	Col. 3:13
Greet one another	Rom. 16:16
Bear one another's burdens	Gal. 6:2
Be devoted to one another	Rom. 12:10
Honor one another	Rom. 12:10
Teach one another	Rom 15:14
Submit to one another	Eph. 5:21
Encourage one another	1 Thess. 5:11

## II. STRONG FELLOWSHIP IN LARGE CHURCHES

How can large churches maintain a strong fellowship?

1. Every member needs to be a part of a \_\_\_\_\_ (small group).

*“[They met] day after day, in the temple courts and from house to house.”* Acts 5:42 (NIV)

### Two Types of Church Meetings

- Large group
- Life group (small group)

*“Greet also the church that meets at their house.”* Rom. 16:5 (NIV). Also Acts 2:26, 8:3, 16:40, 20:20, 1 Cor. 16:19, Col. 4:15.

At LTC, we believe our church must grow \_\_\_\_\_ and \_\_\_\_\_ at the same time.

2. What is the purpose of our small groups? Acts 2:42-47:

a. \_\_\_\_\_

*“They DEVOTED THEMSELVES to the apostle's teaching ...”* Acts 2:42 (NIV)

b. \_\_\_\_\_

*“...and to the fellowship and to the breaking of bread ...”* Acts 2:42 (NIV)

*“... they ate together with glad and sincere hearts ...”* Acts 2:46 (NIV)

c. \_\_\_\_\_

*“... and to prayer ...”* Acts 2:42 (NIV)

*“... praising God and enjoying the favor of all the people.”* Acts 2:47 (NIV)

d. \_\_\_\_\_

*"... they gave to anyone as he had a need ..."* Acts 2:45 (NIV)

e. \_\_\_\_\_

*"And the Lord added to their number **daily** those who were being saved."* Acts 2:47 (NIV)

### PUT INTO PRACTICE

From here on, I will join a life group.

The life group that I will join is \_\_\_\_\_ (name of life group).

The leader's name is \_\_\_\_\_.

## THE HABIT OF FELLOWSHIP ANSWER KEY

### I. Why Fellowship is so Important

1. I **belong** in God's family with other believers.
2. I need **encouragement** to grow spiritually.
3. I need **accountability** to grow spiritually.
4. Christ is **present** when we fellowship together.
5. There is **power** when people pray together.
6. Fellowship is a **witness** to the world.
7. I am **obligated** to every other Christian.

### II. Strong Fellowship in Large Churches

1. Every member needs to be a part of a **life group** (small group).  
At LTC, we believe our church must grow **larger** and **smaller** at the same time.
2. What is the purpose of our small groups?
  - a. **Discipleship**
  - b. **Fellowship**
  - c. **Worship**
  - d. **Ministry**
  - e. **Mission**



# **How to Start and Maintain Good Habits**

**Step One:** \_\_\_\_\_

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

**Step Two:** \_\_\_\_\_

Begin right now! Don't wait. Don't procrastinate. You don't slide into a new habit. "One of these days" never arrives. You must have a starting point. It's easier to break a bad habit today than tomorrow!

*"If you wait for perfect conditions, you will never get anything done."* Eccl. 11:4 (LB)

**Step Three:** \_\_\_\_\_

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

*"Make vows to the Lord your God and fulfill them."* Ps. 76:11 (NIV)

**Step Four:** \_\_\_\_\_

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by "just this once". It takes 3 to 4 weeks (doing it daily) for it to become a part of your life.

It takes \_\_\_\_\_ to \_\_\_\_\_ repetitions to learn something!

**Step Five:** \_\_\_\_\_

Whenever you feel the slightest urge or prompting to practice this new habit - DO IT THEN! Don't wait.

**Step Six:** \_\_\_\_\_

Get a partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the habit is firmly rooted in your life.

*"Let us consider and give attentive, continuous care to watching over each other, studying how we may stir up and stimulate each other to ... helpful deeds and noble activities."* Heb. 1:25 (Amp)

*"Two are better off than one, because together they can work more effectively."* Eccl. 4:9-10 (GNT)

**Step Seven:** \_\_\_\_\_

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 and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray!

*"For it is God who is at work within you, giving you **the will and the power** to achieve his purpose."*  
Phil. 2:13 (Ph)



## HOW TO START AND MAINTAIN GOOD HABITS ANSWER KEY

1. Step One: **Desire.**
2. Step Two: **Decide.**
3. Step Three: **Declaration.**
4. Step Four: **Determination.**  
It takes **7** to **21** repetitions to learn something!
5. Step Five: **Just do it!**
6. Step Six: **Double up.**
7. Step Seven: **Depend on God.**



# Congratulations!

## You Have Completed CLASS 201

Now, here's the hard part: Put into practice the four habits you have learned in this class.

The Word of God reminds us:

*"Now that you know these things, you will be blessed if you do them."* Jn. 13:17 (NIV)

*"Do not merely listen to the word, and so deceive yourselves. Do what it says."* Jms. 1:22 (NIV)

- Set a time to do the following:
  - Read the Bible every day for \_\_\_\_\_ (time, such 10, 15, 20 minutes).

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

- Pray every day for \_\_\_\_\_ (time, such as 15, 20, 30 minutes).

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

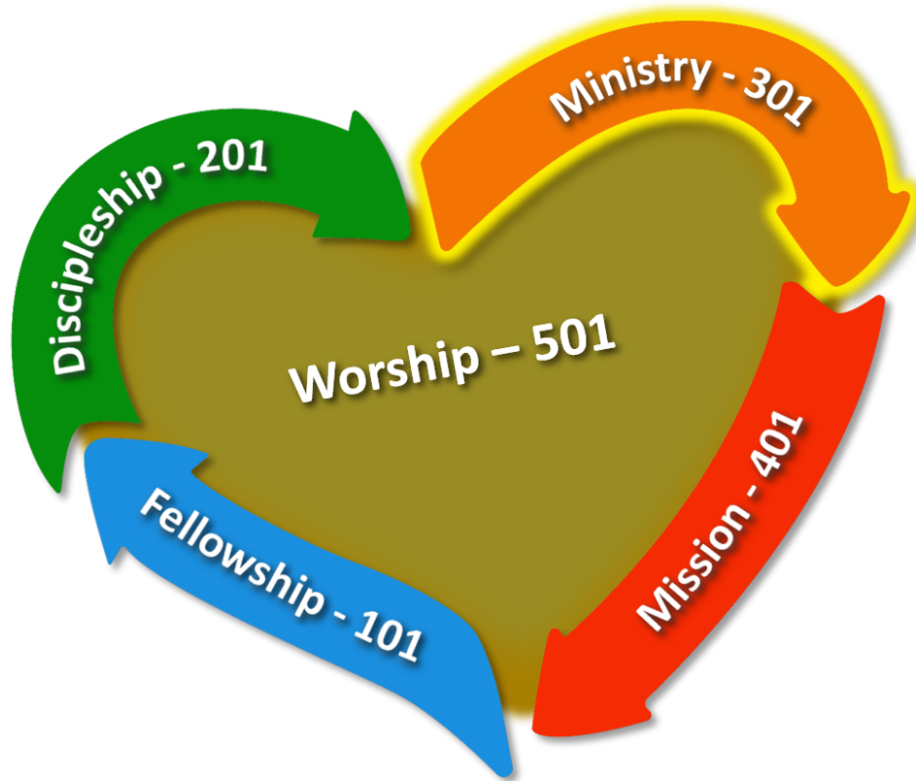
- From here on, I will give \_\_\_\_\_ (amount) every \_\_\_\_\_ (how often), which is my tithe to God.
- The life group that I will join is \_\_\_\_\_ (name of life group). The leader's name is \_\_\_\_\_.

**Note:** You will not be permitted to go on to the next class unless you have put what you learned in this class into practice. That does not mean that you have to do them all perfect before you can go on. However, God does expect you to commit yourself to Him and give Him your best.

## WHAT NOW?

Once you have put the FOUR HABITS into practice, keep working on them as you move forward in your spiritual growth!

Go on to **CLASS 301: Ministry**





## DISCIPLESHIP COVENANT

As a member of LTC, I understand that God’s will for me is to become a mature disciple, not just a believer. My goal is to become more and more like Jesus Christ every day. Therefore, in order to fulfill God’s purpose of being a mature disciple, I commit myself to the following four essential habits of spiritual maturity:

- The Habit of Time with God’s Word: Knowing God Better
- The Habit of Prayer: Fellowshiping with God
- The Habit of Tithing: Honoring God with My Giving
- The Habit of Fellowship: Participating in God’s Family

**Please fill out the back of this page before you sign it.**

\_\_\_\_\_

Print Name	Signature	Date
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\_\_\_\_\_

Pastor/Staff Signature	Date
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**Here's my commitment to putting into practice the FOUR HABITS of spiritual growth:**

The Word of God reminds us:

*"Now that you know these things, you will be blessed if you do them." Jn. 13:17 (NIV)*

*"Do not merely listen to the word, and so deceive yourselves. Do what it says." Jms. 1:22 (NIV)*

- Set a time to do the following:
  - Read the Bible every day for \_\_\_\_\_ (time, such 10, 15, 20 minutes).

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

- Pray every day for \_\_\_\_\_ (time, such as 15, 20, 30 minutes).

<u>Day</u>	<u>Time</u>
▪ Monday:	_____
▪ Tuesday:	_____
▪ Wednesday:	_____
▪ Thursday:	_____
▪ Friday:	_____
▪ Saturday:	_____
▪ Sunday:	_____

- From here on, I will give \_\_\_\_\_ (amount) every \_\_\_\_\_ (how often), which is my tithe to God.
- The life group that I will join is \_\_\_\_\_ (name of life group). The leader's name is \_\_\_\_\_.

**Note:** You will not be permitted to go on to the next class unless you have put what you learned in this class into practice. That does not mean that you have to do them all perfectly before you can go on. However, God does expect you to commit yourself to Him and give Him your best.

If you need help, we are here to help you. Our goal is to enable you to become the disciple that you were meant to be.