



RHEMA

# **Class 201**

## **Discovering My Spiritual Maturity**

**PARTICIPANT GUIDE**

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# Welcome

*Class 201: Discovering My Spiritual Maturity* is the second of Rhema Sanctuary's four basic classes. Congratulations on making it to this base.

We're glad you're here. Since these classes build on each other, if you have not attended *Class 101: Discovering Our Church Family*, we highly recommend that you attend it first.

In this class you will learn the following elements on how to develop your own spiritual maturity.

- Overview of Spiritual Maturity
- **Habit One:** Daily Time in God's Word
- **Habit Two:** Prayer—Talking with God
- **Habit Three:** Tithing—Giving Back to God
- **Habit Four:** Fellowship—Enjoying God's Family
- How to Start and Maintain Good Habits



## CLASS PURPOSE

*That you may become mature Christians, and may fulfill God's will for you.*

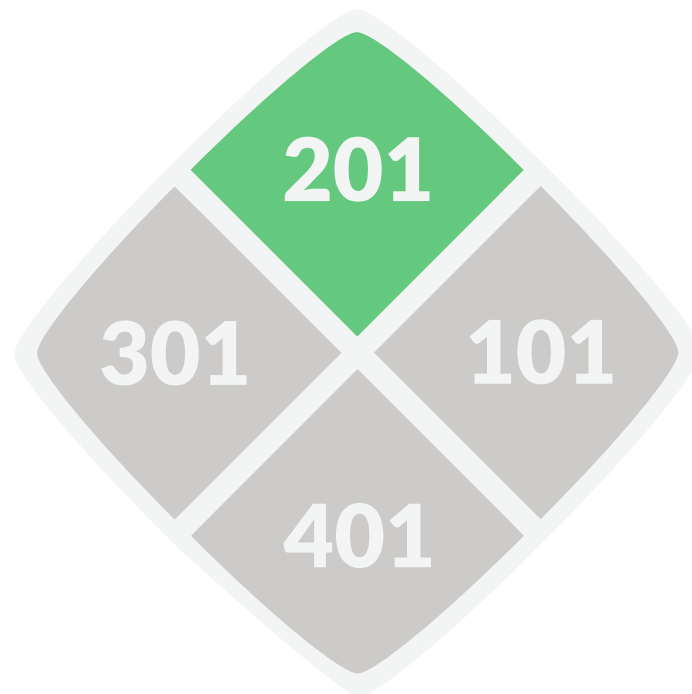
COLOSSIANS 4:12 (PHILLIPS)

*We are not meant to remain as children . . . But we are meant . . . to grow up in every way into Christ, the head.*

EPHESIANS 4:14-15 (PHILLIPS)

In Class 201, we will focus on the **Four Basic Habits** every Christian needs to develop in order to grow to spiritual maturity. This class will:

- Equip you with the **skills** you need to begin these habits.
- Explain you the **tools** you need to maintain these habits.



## YOU ARE HERE



# INTRODUCTION

## Overview of Spiritual Maturity

*In the unity of the common faith and common knowledge of the Son of God, we arrive at real maturity—that measure of development which is meant by the “fullness of Christ.”*

EPHESIANS 4:13 (PHILLIPS)

Spiritual maturity is \_\_\_\_\_.

*For from the very beginning God decided that those who came to him . . . should become like his Son.*

ROMANS 8:29 (TLB)

## Facts about Spiritual Maturity

### 1. It's not automatic.

*You have been Christians 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 is still a baby Christian!*

HEBREWS 5:12–13 (TLB)

### 2. It's a process.

Learn to be mature.

PROVERBS 8:5 (GNT)

Continue to grow in the grace and knowledge of our Lord and Savior Jesus Christ.

2 PETER 3:18 (GNT)

There are no shortcuts to spiritual maturity.

### 3. It takes time.

Take time and trouble to keep yourself spiritually fit.

1 TIMOTHY 4:7 (PHILLIPS)

*Our goal is to measure up to God's plan for us.*

2 CORINTHIANS 10:13 (TLB)

### 4. It takes discipline.

Discipline yourself for the purpose of godliness.

1 TIMOTHY 4:7 (NASB)



## Understanding Discipleship

1. Mature believers are called \_\_\_\_\_.
2. I cannot be a disciple without being \_\_\_\_\_.
3. The more disciplined I become, the more God can \_\_\_\_\_.
4. The mark of a disciple is \_\_\_\_\_.

*“Whoever does not carry their cross and follow me cannot be my disciple.”*

LUKE 14:27 (NIV)

5. How often am I to do this? \_\_\_\_\_

*“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”*

LUKE 9:23 (NIV)

5. What is involved in “cross-bearing?” \_\_\_\_\_ to give Christ first place in my life!

## Four Habits of a Disciple

### How Can I Become a Disciple?

**Develop** \_\_\_\_\_.

*Do not lie to one another, for you have put off the old self with its habits and have put on the new self. This is the new being which God, its Creator, is constantly renewing in his own image, in order to bring you to a full knowledge of himself.*

COLOSSIANS 3:9–10 (GNT)

1. **Daily Time: In God’s Word**

*“If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.”*

JOHN 8:31–32 (RSV)



## 2. Prayer: Talking with God

*“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 (GNT)

## 3. Tithing: Giving Back to God

*“None of you can become my disciple if you do not give up all your possessions.”*

LUKE 14:33 (NRSV)

*The purpose of tithing is to teach you always to put God first in your lives.*

DEUTERONOMY 14:23 (TLB)

## 4. Fellowship: Enjoying God's Family

*“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 (TLB)

## Definitions of Habit

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

**“SOW A THOUGHT,  
REAP AN ACT.**

**SOW AN ACT,  
REAP A HABIT.**

**SOW A HABIT,  
REAP A CHARACTER.**

**SOW A CHARACTER,  
REAP A DESTINY.”**

- “A customary practice.” *Webster's II Dictionary*



## *Class Goal*

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

*In the past you voluntarily gave your bodies to the service of vice and . . . the purpose of becoming wicked. So, now, give yourselves to the service of righteousness—for the purpose of becoming really good.*

ROMANS 6:19 (PHILLIPS)





## HABIT ONE

# Daily Time in God's Word

*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 (TLB)



# THE HAND ILLUSTRATION

On this page, trace an outline of your own hand.



# SIX WAYS TO GET A GRASP OF THE BIBLE

## 1. Hear God's Word

*So faith comes by hearing, and hearing by the word of God.*

ROMANS 10:17 (WEB)

### WAYS TO HEAR GOD'S WORD

- The Bible on audio
- Church services and studies
- Sermon video and audio
- Radio and television teachers

**PROBLEM:** We forget \_\_\_\_\_% of what we hear after 72 hours!

### How to Improve Your Hearing

- Be ready and eager to hear God.

*"He who has ears to hear, let him hear."*

LUKE 8:8 (NIV84)

- Deal with attitudes that prevent hearing God.

*"Therefore consider carefully how you listen."*

LUKE 8:18 (NIV)

|                           |   |
|---------------------------|---|
| <b>A closed mind</b>      | Is fear, pride, or bitterness preventing me from hearing God?   |
| <b>A superficial mind</b> | Am I really serious about wanting to hear God speak? "I really don't care about any of this. It's just not that important to me." |
| <b>A preoccupied mind</b> | Am I too busy and concerned with other things to concentrate on what God has to say?  |

- Confess any sin in your life.

*So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.*

JAMES 1:21 (NLT)



- Take notes on what you hear.

*We must pay more careful attention, therefore, to what we have heard, so that we do not drift away.*

HEBREWS 2:1 (NIV84)

## “KEEP A SPIRITUAL NOTEBOOK”

- Act on what you hear!

*But if you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, but put it into practice—you will be blessed by God in what you do.*

JAMES 1:25 (GNT)

## 2. Read God's Word

*Happy is the one who reads this book . . . and obey[s] what is written in this book!*

REVELATION 1:3 (GNT)

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

*He should keep it with him all the time and read from it every day of his life. Then he will learn to respect the Lord his God, and he will obey all the teachings and commands.*

DEUTERONOMY 17:19 (NCV)

### SUGGESTIONS FOR HEARING GOD'S WORD

- Read it systematically.
- Read it in a bible without notes.
- Read it in different translations: The Message, Good News, Translation, New Living Translation.
- 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 entire Bible in one year.



## READING THE NEW TESTAMENT IN 30 DAYS

- |                  |                                 |
|------------------|---------------------------------|
| 1. Matthew 1-9   | 16. Acts 15-21                  |
| 2. Matthew 10-15 | 17. Acts 22-28                  |
| 3. Matthew 16-22 | 18. Romans 1-8                  |
| 4. Matthew 23-28 | 19. Romans 9-16                 |
| 5. Mark 1-8      | 20. 1 Corinthians 1-9           |
| 6. Mark 9-16     | 21. 1 Corinthians 10-16         |
| 7. Luke 1-6      | 22. 2 Corinthians 1-13          |
| 8. Luke 7-11     | 23. Galatians-Ephesians         |
| 9. Luke 12-18    | 24. Philippians-2 Thessalonians |
| 10. Luke 19-24   | 25. 1 Timothy-Philemon          |
| 11. John 1-7     | 26. Hebrews                     |
| 12. John 8-13    | 27. James-2 Peter               |
| 13. John 14-21   | 28. 1 John-Jude                 |
| 14. Acts 1-7     | 29. Revelation 1-11             |
| 15. Acts 8-14    | 30. Revelation 12-22            |

### 3. Study God's Word

*They accepted the message most eagerly and studied the scriptures every day.*

ACTS 17:11 (PHILLIPS)

*Work hard so God can say to you, "Well done." Be a good workman, one who does not need to be ashamed when God examines your work. Know what his Word says and means.*

2 TIMOTHY 2:15 (TLB)

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

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

\_\_\_\_\_.



## WHICH VERSION OF THE BIBLE SHOULD I USE FOR STUDY?

|  |  |
|--|--|
| <b>The Best Personal Study Bible</b>   | <i>The Life Application Study Bible</i> , New Living Translation (NLT)                   |
| <b>The Best Topical Study Bible</b>    | <i>Thompson Chain-Reference Study Bible</i> (Kirkbride), New International Version (NIV) |
| <b>The Best Background Study Bible</b> | <i>The NIV Study Bible</i> , New International Version (NIV)                             |
| <b>The Best Doctrine Study Bible</b>   | <i>Disciple's Study Bible</i> (Broadman & Holman)  |

## SUGGESTED BIBLE STUDY RESOURCES

### AMAZON.CA

*Rick Warren's Bible Study Methods: Twelve Ways You Can Unlock God's Word*

### BIBLE HANDBOOKS

*Richard's Complete Bible Handbook* (W Pub Group (September 1, 1987))

*Halley's Bible Handbook* (Zondervan Revised and Expanded edition)

*Eerdmans Handbook to the Bible* (Eerdmans)

### OTHER IMPORTANT STUDY TOOLS\*

*Eerdmans Dictionary of the Bible* (Eerdmans)

*The Moody Atlas of Bible Lands* (Moody) *The New Moody Atlas of the Bible*

WORDSearch Software ([www.wordsearchbible.com](http://www.wordsearchbible.com))

Blue Letter Bible – In-depth Bible study tool

[www.bible.com](http://www.bible.com)

[www.biblegateway.com](http://www.biblegateway.com)

### COMPUTER SOFTWARE AND MOBILE APPS

QuickVerse 2011 Standard Bible Study Software (Findex)

YouVersion Bible App

BibleGateway

\* As many different Bible translations as you can afford.



## 4. Memorize God's Word

*Guard my words as your most precious possession. Write them down, and also keep them deep within your heart.*

PROVERBS 7:2-3 (TLB)

### Benefits of Memorizing Scripture

- It helps me resist temptation.

*I have hidden your word in my heart that I might not sin against you.*

PSALM 119:11 (NIV)

- It helps me make wise decisions.

*Your word is a lamp to guide me and a light for my path.*

PSALM 119:105 (GNT)

- It strengthens me when I'm under stress.

*Your promises to me . . . are my only hope. They give me strength in all my troubles; how they refresh and revive me!*

PSALM 119:49-50 (TLB)

- It comforts me when I'm sad.

*You spoke to me, and I listened to every word. I belong to you, Lord God Almighty, and so your words filled my heart with joy and happiness.*

JEREMIAH 15:16 (GNT)

- It helps me witness to unbelievers.

*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.*

1 PETER 3:15 (NIV)

### WHEN TO MEMORIIZE A VERSE

- During your quiet time
- While exercising
- While waiting (spare moments)
- At bedtime (Psalm 63:6)



## TIPS FOR 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 at a time.
7. Write out the verse on a flash card.
8. Carry some cards with you at all times for review.
9. Display your verses in prominent places.
10. Always memorize the verse word-perfect.
11. Put the verse to music. Write a song!
12. Get a partner so you can check each other.

---

\*Suggested beginning rate: Two new verses a week.

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

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

*The law that you gave means more to me than all the money in the world.*

PSALM 119:72 (GNT)





## SCRIPTURE MEMORY COURSE<sup>1</sup>

The following verses suggest a “balance” in Scripture memory. The verses selected are key in understanding the foundations of the Christian life and 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   | 2 Corinthians 5:17; Galatians 2:20 |
| Obedience to Christ | Romans 12:1; John 14:21            |
| The Word            | 2 Timothy 3:16; Joshua 1:8         |
| Prayer              | John 15:7; Philippians 4:6–7       |
| Fellowship          | Matthew 18:20; Hebrews 10:24       |
| Witnessing          | Matthew 4:19; Romans 1:16          |

### PROCLAIM CHRIST

|                         |                            |
|-------------------------|----------------------------|
| All Have Sinned         | Romans 3:23; Isaiah 53:6   |
| Sin’s Penalty           | Romans 6:23; Hebrews 9:27  |
| Christ Paid the Penalty | Romans 5:8; 1 Peter 3:18   |
| Salvation Not by Works  | Ephesians 2:8–9; Titus 3:5 |
| Must Receive Christ     | John 1:12; Revelation 3:20 |
| Assurance of Salvation  | 1 John 5:13; John 5:24     |

### RELY ON GOD’S RESOURCES

|                        |  |
|------------------------|--|
| His Spirit             | 1 Corinthians 3:16; 1 Corinthians 2:12 |
| His Strength           | Isaiah 41:10; Philippians 4:13         |
| His Faithfulness       | Lamentations 3:22; Numbers 23:19       |
| His Peace              | Isaiah 26:3; 1 Peter 5:7               |
| His Provision          | Romans 8:32; Philippians 4:19          |
| His Help in Temptation | Hebrews 2:18; Psalm 119:9              |

### BE CHRIST’S DISCIPLE

|                         |                                      |
|-------------------------|--------------------------------------|
| Put Christ First        | Matthew 6:33; Luke 9:23              |
| Separate from the World | 1 John 2:15–16; Romans 12:2          |
| Be Steadfast            | 1 Corinthians 15:58; Hebrews 12:3    |
| Serve Others            | Mark 10:45; 2 Corinthians 4:5        |
| Give Generously         | Proverbs 3:9–10; 2 Corinthians 9:6–7 |
| Develop World Vision    | Acts 1:8; Matthew 28:19–20           |

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<sup>1</sup> *Topical Memory System*, by The Navigators, copyright © 2006. All rights reserved.



## 5. Meditate on God's Word

*[Those who are] always meditating on his laws . . . are like trees along a river bank bearing luscious fruit . . . [They] shall never wither, and all they do shall prosper.*

PSALM 1:2-3 (TLB)

Meditation is \_\_\_\_\_ about a Bible verse that speaks to you, in order to apply its truth in your own life.

### Why Meditate on Scripture?

- It is the key to becoming like Christ.

*Be careful how you think; your life is shaped by your thoughts.*

PROVERBS 4:23 (GNT)

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

ROMANS 12:2 (NIV)

*And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

2 CORINTHIANS 3:18 (NIV)

- It is the key to answered prayer.

*"But 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."*

JOHN 15:7 (PHILLIPS)

- It is the key to successful living.

*Meditate on it [the Word] day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

JOSHUA 1:8 (NIV84)

### SIX WAYS TO MEDITATE ON A VERSE

|                 |   |
|-----------------|---|
| Picture it!     | Visualize the scene in your mind.                               |
| Pronounce it!   | Say the verse aloud, each time emphasizing a different word.    |
| Paraphrase it!  | Rewrite the verse in your own words.                            |
| Personalize it! | Replace the pronouns or people in the verse with your own name. |
| Pray it!        | Turn the verse into a prayer and say it back to God.            |
| Probe it!       | Ask yourself the "APPLICATIONS Questions" on the next page.     |



## APPLICATIONS QUESTIONS

Is there any . . .

**A**ttitude to adjust?

**P**romise to claim?

**P**riority to change?

**L**esson to learn?

**I**ssue to resolve?

**C**ommand to obey?

**A**ctivity to avoid or stop?

**T**ruth to believe?

**I**dol to tear down?

**O**ffense to forgive?

**N**ew direction to take?

**S**in to confess?

## 6. Apply God's Word

*Do not deceive yourselves by just listening to his word; instead, put it into practice.*

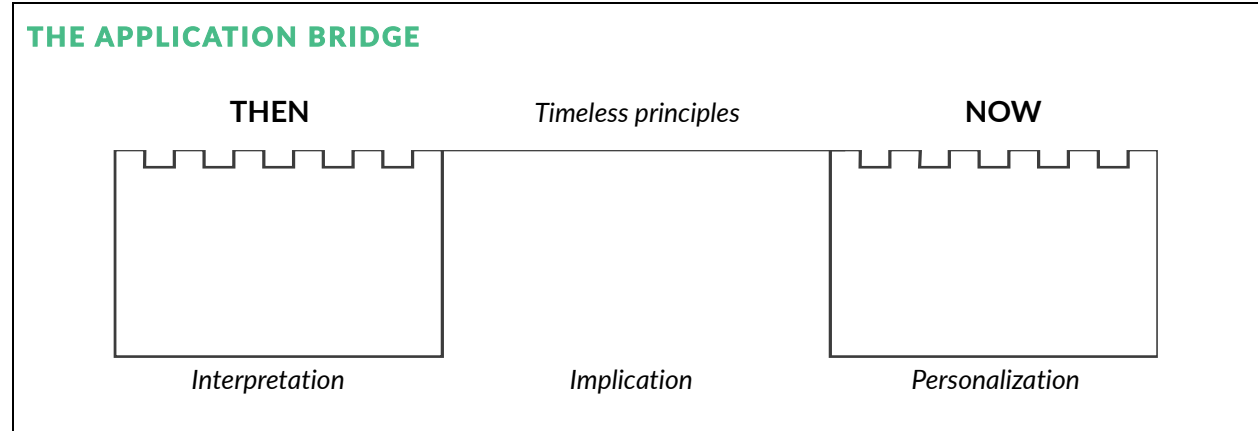
JAMES 1:22 (GNT)

*"Whoever practices and teaches these commands will be called great in the kingdom of heaven."*

MATTHEW 5:19 (NIV)



## How to Apply Scripture



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

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

**Then 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.

Most applications will focus on one of the three \_\_\_\_\_:

with \_\_\_\_\_, with \_\_\_\_\_, with \_\_\_\_\_.

## Four Marks of a Good Application Action

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

*“You know these things—now do them! That is the path of blessing.”*

JOHN 13:17 (TLB)



## HABIT TWO

# Prayer

## TALKING 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 (PHILLIPS)



# HOW TO REVITALIZE YOUR PRAYER LIFE

*“And 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 others. Truly I tell you, they have received their reward in full. 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. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.”*

MATTHEW 6:5-8 (NIV)

## *Approach Prayer with the Right Attitude*

Be \_\_\_\_\_.

*“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them.”*

MATTHEW 6:5 (NLT)

- Don’t try to impress \_\_\_\_\_.
- Don’t try to impress \_\_\_\_\_.

Be \_\_\_\_\_.

*“But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.”*

MATTHEW 6:6 (NLT)

Be \_\_\_\_\_.

*“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 even before you ask him!”*

MATTHEW 6:7-8 (TLB)



# USE THE MODEL JESUS GAVE US

*“This, then, is how you should pray.”*

MATTHEW 6:9 (NIV)

## *The Six Parts of Prayer*

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

*“Our Father in heaven, hallowed be your name.”*

MATTHEW 6:9 (NIV)

### TWO KINDS OF PRAISE

|              |                                    |
|--------------|------------------------------------|
| ADORATION    | Praising god for who he is.        |
| THANKSGIVING | Praising god for what he has done. |

*Enter into His gates with thanksgiving, And into His courts with praise.  
Be thankful to Him, and bless His name.*

PSALM 100:4 (NKJV)

### 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, on page 27.)

#### EXAMPLES

|                               |                |
|-------------------------------|----------------|
| God is <i>patient</i> .       | Numbers 14:18  |
| God is <i>merciful</i> .      | Numbers 14:18  |
| God is <i>forgiving</i> .     | Numbers 14:18  |
| God <i>knows everything</i> . | 2 Samuel 14:20 |
| God is <i>loving</i> .        | 2 Samuel 14:20 |

*So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

HEBREWS 4:16 (NLT)



**KEY \_\_\_\_\_ is the basis for our boldness in making requests in prayer. We ask with faith when we ask according to God's character. 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. (See Prayer Guide 2, page 28.)
- Make a list of all that you are thankful for and review it when you pray. (See Prayer Guide 3, page 29.)

**2. Purpose: I commit myself \_\_\_\_\_.**

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

MATTHEW 6:10 (NIV)

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

*Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer.*

ROMANS 12:1 (GNT)

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

*"Give us today our daily bread."*

MATTHEW 6:11 (NIV)

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

*And it is he who will supply all your needs from his riches in glory because of what Christ Jesus has done for us.*

PHILIPPIANS 4:19 (TLB)

*Since he did not spare even his own Son for us but gave him up for us all, won't he also surely give us everything else?*

ROMANS 8:32 (TLB)

*You do not have because you do not ask God.*

JAMES 4:2 (NIV)

**KEY \_\_\_\_\_.**

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

PHILIPPIANS 4:6 (NIV84)





- Write down your requests, with a promise you are claiming from the Bible, and expect an answer! (See Prayer Guide 4, page 30.)

4. Pardon: I ask God to \_\_\_\_\_.

*“Forgive us our debts.”*

MATTHEW 6:12 (NIV)

#### FOUR STEPS TO FORGIVENESS

Step 1: Ask the Holy Spirit to \_\_\_\_\_ 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 139:23–24 (GNT)

Step 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.*

PROVERBS 28:13 (GNT)

Step 3: Make \_\_\_\_\_ to others when necessary.

*“[When] you remember that your brother has something against you . . . go at once and make peace with [him], and then come back and offer your gift to God.”*

MATTHEW 5:23, 24 (GNT)

Step 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 JOHN 1:9 (NIV)

5. People: I pray for \_\_\_\_\_.

*“As we also have forgiven our debtors.”*

MATTHEW 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 TIMOTHY 2:1 (TLB)



Scriptures below will help you pray for others:

- Ephesians 1:15–19
- Colossians 1:3-12
- Thessalonians 1:2-3
- Thessalonians 1:11-12

Make a prayer list of people you want to pray for. You might pray for different people over different days of the week. (See Prayer Guide 5, page 31.)

6. **Protection:** I ask for \_\_\_\_\_ and \_\_\_\_\_.

*“And lead us not into temptation, but deliver us from the evil one.”*

MATTHEW 6:13 (NIV)

*The Spirit who is in you is more powerful than the spirit in those who belong to the world.*

1 JOHN 4:4 (GNT)

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



## PRAYER GUIDE 1: CHARACTER TRAITS OF GOD

Make a list of God's character qualities that you discover, and then review them when you pray.

[illegible]

## PRAYER GUIDE 2: THE NAMES OF GOD

Did you know that God has several names? They are all in the Bible, and each name describes a facet of his character. You can take each of these eight names and focus individually on what God is really like! Pray the names of God as affirmations of praise!

### EIGHT HEBREW NAMES OF GOD DECLARE WHO GOD IS

|                          |  |
|--------------------------|--|
| <b>Jehovah-Shammah</b>   | God is present with me. Ezekiel 48:35<br>You are here! I am never alone!                 |
| <b>Jehovah-Rohi</b>      | God is my shepherd. Psalm 23:1<br>You lead me and feed me and protect me!                |
| <b>Jehovah-Jireh</b>     | God is my provider. Genesis 22:14<br>You see what I need before I even ask!              |
| <b>Jehovah-Rophe</b>     | God is my healer. Exodus 15:26<br>You can heal my body, emotions, and relationships!     |
| <b>Jehovah-Tsidkenu</b>  | God is my righteousness. Jeremiah 23:6<br>You accept me and forgive me because of Jesus! |
| <b>Jehovah-M'Kiddish</b> | God is my sanctification. Leviticus 20:8<br>You make me holy and like Jesus!             |
| <b>Jehovah-Shalom</b>    | God is my peace. Judges 6:24<br>You give me peace in spite of circumstances!             |
| <b>Jehovah-Nissi</b>     | God is my banner. Exodus 17:15<br>You are my victory in conflict and confrontation!      |

---

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



## PRAYER GUIDE 3: MY THANKSGIVING LIST

Make a list of all that you are thankful for and review it when you pray.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the paper.

## PRAYER GUIDE 4: MY PERSONAL REQUESTS

Write down your requests, with a promise you are claiming from the Bible, and expect and answer!

*Don't worry about anything: instead, pray about everything. Tell God what you need, and thank him for all he has done.*

## PHILIPPIANS 4:6 (NLT)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## PRAYER GUIDE 5: MY PRAYER LIST

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week.

FAMILY:

---

---

---

CHRISTIAN FRIENDS:

---

---

---

FRIENDS I'D LIKE TO SEE BECOME CHRISTIANS:

---

---

---

SPIRITUAL LEADERS:

---

---

---

GOVERNMENT LEADERS:

---

---

---

OTHERS:

---

---

---



# A DAILY QUIET TIME WITH GOD THROUGH PRAYER AND BIBLE READING

*But the man who looks into the perfect mirror of God's law, the law of liberty (or freedom), and makes a habit of so doing, is not the man who sees and forgets. He puts that law into practice and he wins true happiness.*

JAMES 1:25 (PHILLIPS)

## *Definition of a Quiet Time*

A quiet time is a daily time I set aside to be alone with God to get to know him through the Bible and prayer.

## 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 \_\_\_\_\_ to have fellowship with God.

*So God created mankind in his own image.*

GENESIS 1:27 (NIV)

*"Look! I have been standing at the door, and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him and he with me."*

REVELATION 3:20 (TLB)

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

*God will surely do this for you, for he always does just what he says, and he is the one who invited you into this wonderful friendship with his Son, even Christ our Lord.*

1 CORINTHIANS 1:9 (TLB)

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

*Jesus often withdrew to lonely places and prayed.*

LUKE 5:16 (NIV)

See also Mark 1:35 and Luke 22:39.





4. Every person who has been effective in \_\_\_\_\_ for God developed this habit.

Abraham, Moses, David, Daniel, Paul, etc.

5. You cannot be a \_\_\_\_\_ Christian without it!

*“People do not live by bread alone, but by every word that comes from the mouth of God.”*

MATTHEW 4:4 (NLT)

*I have treasured the words of His mouth more than my necessary food.*

JOB 23:12 (NASB)

*How can a young man cleanse his way? By living according to your word.*

PSALM 119:9 (NKJV, NIV)

## The Purpose of a Daily Quiet Time

Your time alone with God has four main purposes:

1. To give \_\_\_\_\_ to God.

*Give to the LORD the glory his name deserves. Worship the LORD in his holy splendor.*

PSALM 29:2 (GW)

*He [Hezekiah] was successful, because everything he did for the Temple or in observance of the Law, he did in a spirit of complete loyalty and devotion to his God.*

2 CHRONICLES 31:21 (GNT)

**“GOD DESERVES OUR  
DEVOTION!”**

**R E V E L A T I O N 4 : 1 1**

**“GOD DESIRES OUR  
DEVOTION!”**

**J O H N 4 : 2 3**



2. To get \_\_\_\_\_ from God.

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

PSALM 25:4-5 (TLB)

**TWO THINGS TO DO IN A QUIET TIME**

1. Consider your way.

*Ponder the path of thy feet, and let all thy ways be established.*

PROVERBS 4:26 (KJV)

2. Commit your day.

*Commit everything you do to the Lord. Trust him to help you do it, and he will.*

PSALM 37:5 (TLB)

3. To gain \_\_\_\_\_ in God.

*Delight thyself also in the LORD; and he shall give thee the desires of thine heart.*

PSALM 37:4 (KJV)

*Your [God's] presence fills me with joy and brings me pleasure forever.*

PSALM 16:11 (GNT)

**Fact:**

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

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

4. To grow \_\_\_\_\_ like Christ.

*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 God's nature.*

2 PETER 1:3, 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 (TLB)



## How to Begin a Daily Quiet Time

Select a specific time.

- The best time is when you are \_\_\_\_\_.
- Whatever time you set, \_\_\_\_\_.

### How Long Should a Quiet Time Be?

#### A Plan to Get You Started

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

Choose a special place.

*Jesus left the city and went, as he usually did, to the Mount of Olives; and the disciples went with him.*

LUKE 22:39 (GNT)

## THE IMPORTANT FACTOR

**“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.”**

**MARK 1:35 (NIV)**



**Gather the resources you'll need.**

- A Bible with readable print
- A notebook to write down what the Lord speaks to you about and to keep your prayer list
- A song book if you want to sing

**Begin with the right attitude.**

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*"Be still, and know that I am God."*

PSALM 46:10 (NIV)

---

*Open my eyes to see wonderful things in your Word.*

PSALM 119:18 (TLB)

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*"Anyone who wants to do the will of God will know whether my teaching is from God or is merely my own."*

JOHN 7:17 (NLT)

**Follow a simple plan.**



## 15 MINUTES WITH GOD

### A PLAN TO GET YOU STARTED

1. \_\_\_\_\_ 1 minute

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

2. \_\_\_\_\_ 4 minutes

See the section on how to "Read God's Word," page 17.

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

3. \_\_\_\_\_ 4 minutes

See the section on how to "Meditate on God's Word," page 25.

You may use A.P.P.L.I.C.A.T.I.O.N.S. Questions (see page 27) or any of the 6 methods of meditation. Think about what the passage means to your life. Write down your thoughts. Part of reflecting is memorizing verses that speak to you in a special way. See the section on how to "Memorize God's Word," page 21.

4. \_\_\_\_\_ 2 minutes

See the section on how to "Apply God's Word," above.

Write out a personal application statement that is practical, passable, and measurable. "Thoughts disentangle themselves when they pass through the lips and the fingertips." by Dawson Trotman.

5. \_\_\_\_\_ 4 minutes

See the section on "Prayer Guides," above.

Conclude your quiet time by talking to God about what he has shown you and making your requests from your prayer lists.



## How to Overcome the Problems with Your Quiet Time

**PROBLEM OF DISCIPLINE:** The first problem in establishing a quiet time that you will face the moment you wake each morning is, “Am I going to get out of bed?” *We call that the Battle of the Blankets.*

### SUGGESTIONS:

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

**PROBLEM OF DISTRACTIONS:** Satan will try to use anything to get your mind to wander during a quiet time.

### SUGGESTIONS:

- Get out of bed.
- Get thoroughly awake.
- Read and pray aloud.
- Talk during your prayer time.
- Keep a notepad nearby.

**PROBLEM OF DRYNESS:** Sometimes you will feel like you’re not getting anything out of your quiet time. *We call that the Battle of the Blahs.*

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

### Possible Causes of Spiritual Dryness:

- Your physical condition.
- Disobedience to the word of God.
- Rushing your quiet time.
- Getting in a rut.
- Not sharing insights with others.

**PROBLEM OF DILIGENCE:** Your greatest problem will be your struggle to stay consistent. “I find Satan fights nothing harder than my quiet time.”

### SUGGESTIONS:

- Make a covenant or vow to God.
- Schedule it on your daily calendar.



- Be prepared for Satan's excuses
- Leave your Bible open a night to the passage for the next day.

*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.*

GALATIANS 6:9 (TLB)

### 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.

## 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 quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent.

In Jesus' name,

Amen.



## HABIT THREE

# Tithing

## GIVING BACK TO GOD

*The purpose of tithing is to teach you always to put God first in your lives.*

DEUTERONOMY 14:23 (TLB)





# HOW MY GIVING REVEALS MY SPIRITUAL MATURITY

*Since you excel in everything—in faith, in speech, in knowledge, in complete earnestness . . . see that you also excel in this grace of giving.*

2 CORINTHIANS 8:7 (NIV)

## *Why God Wants Me to Give: Seven Benefits of Tithing*

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

*“For God so loved the world that he gave his one and only Son.”*

JOHN 3:16 (NIV)

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

*“For where your treasure is, there your heart will be also.”*

MATTHEW 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 do good, to be rich in good deeds, and to be generous and willing to share. In this way . . . they may take hold of the life that is truly life.*

1 TIMOTHY 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 by giving him the first part of all your income, and he will fill your barns.*

PROVERBS 3:5, 9 (NIV/THE MESSAGE)

*Give, and it will be given to you. . . . For with the measure you use, it will be measured to you.”*

LUKE 6:38 (NIV)



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

*Tell them to . . . give happily to those in need, always being ready to share with others whatever God has given them. By doing this they will be storing up real treasure for themselves in heaven—it is the only safe investment for eternity!*

1 TIMOTHY 6:18–19 (TLB)

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

*A generous man will himself be blessed.*

PROVERBS 22:9 (NIV84)

*A generous man will prosper; he who refreshes others will himself be refreshed.*

PROVERBS 11:25 (NIV)

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

*“There is more happiness in giving than in receiving.”*

ACTS 20:35 (CJB)

*The people rejoiced . . . for they had given freely and wholeheartedly to the LORD.*

1 CHRONICLES 29:9 (NIV)



# WHAT THE BIBLE TEACHES ABOUT TITHING

## *What Is Tithing?*

"Tithe" means "a \_\_\_\_\_ part."

## "WHAT IS THE DIFFERENCE BETWEEN A "TITHE" AND AN "OFFERING"?"

A "tithe" is giving the \_\_\_\_\_ of my income.

An "offering" is anything I give \_\_\_\_\_ my tithe.

## *Why Should I Tithe?*

### Eight Reasons from God's Word

1. Because God \_\_\_\_\_.

*"Ten percent of everything you harvest is holy and belongs to me."*

LEVITICUS 27:30 (CEV)

2. Because Jesus \_\_\_\_\_.

*"Yes, you should tithe, but you shouldn't leave the more important things undone."*

MATTHEW 23:23 (TLB)

3. Tithing demonstrates that God has \_\_\_\_\_  
\_\_\_\_\_.

*The purpose of tithing is to teach you always to put God first in your lives.*



DEUTERONOMY 14:23 (TLB)

4. 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.*

DEUTERONOMY 8:18 (NIV84)

5. Tithing expresses my \_\_\_\_\_.

*Each of you must bring a gift in proportion to the way the LORD your God has blessed you.*

DEUTERONOMY 16:17 (NIV)

6. God says that refusing to tithe is \_\_\_\_\_ from him.

*“Will a man rob God? Yet you rob me. But you ask, ‘How do we rob you?’ In tithes and offerings. Bring the whole tithe into the storehouse, that there may be food in my house.”*

MALACHI 3:8, 10 (NIV)

7. 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 you will not have room enough for it. I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit,” says the LORD Almighty.*

MALACHI 3:10–11 (NIV84)

8. Tithing proves that I \_\_\_\_\_.

*“If you love me, show it by doing what I’ve told you.”*

JOHN 14:15 (THE MESSAGE)

*Now 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 CORINTHIANS 8:7-8 (TLB)



## What Should I Tithe?

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

*Honor the Lord by giving him the first part of all your income.*

PROVERBS 3:9 (TLB)

## Where Should I Tithe?

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

*Bring the whole tithe into the storehouse [Temple].*

MALACHI 3:10 (NIV)

## When Should I Tithe?

---

*On every Lord's Day each of you should put aside something from what you have earned during the week and use it for this offering. The amount depends on how much the Lord has helped you earn.*

1 CORINTHIANS 16:2 (TLB)

### HOW TO REMEMBER

- Create a spending plan and make tithing your first priority.
- Use weekly envelopes or online giving ([rccgrhemasanctuary.org/donate](http://rccgrhemasanctuary.org/donate)).
- Teach your children to tithe.



## GIVING WITH THE RIGHT ATTITUDE

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

*For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.*

2 CORINTHIANS 8:12 (NIV)

*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion.*

2 CORINTHIANS 9:7 (NIV)

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

*For God loves a cheerful giver.*

2 CORINTHIANS 9:7 (NIV)

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 CORINTHIANS 8:3-4 (NIV)

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

*Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.*

2 CORINTHIANS 9:6 (NIV)

## THE KEY TO GIVING

**“FIRST THEY GAVE  
THEMSELVES  
TO THE LORD.”**

2 CORINTHIANS 8:5 (GNT)



## PRAYER OF COMMITMENT

Father,

I know that you love me, and I know you want what's best for me. I recognize that all I have or all I ever will have comes from you. I'm more interested in pleasing you than I am in having more possessions.

I want you to have first place in my life. I am willing to begin tithing as you have commanded. I do this out of gratitude for all you've done for me, and I do this in expectation that you'll 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 this adventure. I want to begin investing for eternity. Help me to remain faithful to this commitment.

In Jesus' name,

Amen.



## HABIT FOUR

# Fellowship

## ENJOYING GOD'S FAMILY

*Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another.*

HEBREWS 10:25 (GNT)





# WHY IS FELLOWSHIP SO IMPORTANT?

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

*Let us do good to all people, especially to those who belong to the family of believers.*

GALATIANS 6:10 (NIV)

*You are members of God's very own family . . . and you belong in God's household with every other Christian.*

EPHESIANS 2:19 (TLB)

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

ROMANS 12:5 (NIV)

**“THE CHRISTIAN, WHO IS NOT COMMITTED TO A GROUP OF OTHER BELIEVERS FOR PRAYING, SHARING, AND SERVING, SO THAT HE IS KNOWN, AS HE KNOWS OTHERS, IS NOT AN OBEDIENT CHRISTIAN. HE IS NOT IN THE WILL OF GOD. HOWEVER VOCAL HE MAY BE IN HIS THEOLOGY, HE IS NOT OBEYING THE LORD.”**

**D R . R A Y O R T L A N D**

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.*

HEBREWS 10:24 (PHILLIPS)

*Two are better off than one . . . If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him . . . Two people can resist an attack that would defeat one person alone. A rope made of three cords is hard to break.*

ECCLESIASTES 4:9-10, 12 (GNT)



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

*People learn from one another, just as iron sharpens iron.*

PROVERBS 27:17 (GNT)

*Encourage each other every day while you have the opportunity. If you do this, none of you will be deceived by sin.*

HEBREWS 3:13 (GW)

*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.*

GALATIANS 6:1, 2 (NIV)

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

*"For where two or three come together in my name, I am there with them."*

MATTHEW 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."*

MATTHEW 18:19 (GNT)

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

*"My prayer for all of them is that they will be of one heart and mind . . . so they will be in us, and the world will believe you sent me."*

JOHN 17:21 (TLB)

*"By this everyone will know that you are my disciples if you love one another."*

JOHN 13:35 (NIV)

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

*God has given each of you some special abilities; be sure to use them to help each other.*

1 PETER 4:10 (TLB)

*There are different kinds of service to God . . . All of you together are the one body of Christ, and each of you is a separate and necessary part of it.*

1 CORINTHIANS 12:5, 27 (TLB)



## THE “ONE ANOTHERS” OF FELLOWSHIP

### PARTIAL LIST

Serve one another .....Galatians 5:13  
Accept one another .....Romans 15:7  
Forgive one another ..... Colossians 3:13  
Greet one another ..... Romans 16:16  
Bear one another’s burdens ..... Galatians 6:2  
Be devoted to one another ..... Romans 12:10  
Honor one another ..... Romans 12:10  
Teach one another ..... Romans 15:14  
Submit to one another ..... Ephesians 5:21  
Encourage one another ..... 1 Thessalonians 5:11



# HOW CAN A LARGE CHURCH MAINTAIN CLOSE FRIENDSHIPS?

Every member needs to be a part of a \_\_\_\_\_.

[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: Celebration
- Small Group: Fellowship

*Greet the church that meets in their home.*

ROMANS 16:5 (CEV)

See also Acts 2:26, 8:3, 16:40, and 20:20; 1 Corinthians 16:19; Colossians 4:15.

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



# WHAT IS THE PURPOSE OF OUR SMALL GROUPS?

## *The Fellowship of the Believers*

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

ACTS 2:42-47 (NIV)

1. \_\_\_\_\_ (Maturity)

*They devoted themselves to the apostles' teaching...*

VERSE 42

2. \_\_\_\_\_ (Membership)

*... and to the fellowship...*

VERSE 42

*They... ate together with glad and sincere hearts.*

VERSE 46

*Get into the habit of inviting guests home for dinner or, if they need lodging, for the night.*

ROMANS 12:13 (TLB)

3. \_\_\_\_\_ (Magnification)

*... to the breaking of bread and to prayer.*

VERSE 42

*... praising God and enjoying the favor of all the people.*

VERSE 47

4. \_\_\_\_\_ (Ministry)

*They gave to anyone as he had need.*

VERSE 45

5. \_\_\_\_\_ (Mission)

*And the Lord added to their number daily those who were being saved.*

VERSE 47



HOW  
TO

# Start and Maintain Good Habits

*For God has not given us a spirit of fear and timidity, but of power, love,  
and self-discipline.*

2 TIMOTHY 1:7 (NLT)



# GETTING STARTED

*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 it will be tomorrow.

*If you wait for perfect conditions, you will never get anything done.*

ECCLESIASTES 11:4 (TLB)

*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.*

PSALM 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." The act of yielding weakens the will and reinforces your lack of self-control. It takes three weeks to become comfortable with a new habit and it takes another three to four weeks (doing it daily) for it to become a part of your life.

It takes \_\_\_\_\_ to \_\_\_\_\_ repetitions to learn something new.



### Step Five: \_\_\_\_\_

Whenever you feel the slightest urge or prompting to practice this new habit—DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your habit, do so!

### Step Six: \_\_\_\_\_

Get a spiritual 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 new habit is firmly rooted in your life.

*And let us consider and give attentive, continuous care to watching over one another, studying how we may stir up (stimulate and incite) to love and helpful deeds and noble activities.*

HEBREWS 10:24 (AMPC)

*Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up.*

ECCLESIASTES 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 the Spirit that God has given us . . . fills us with power, love, and self-control.*

2 TIMOTHY 1:7 (GNT)

*For it is God who is at work within you, giving you the will and the power to achieve his purpose.*

PHILIPPIANS 2:13 (PHILLIPS)





## WHAT ARE MY NEXT STEPS?

### *The Purpose Driven Life Development Process*

Commit to lifelong growth by joining a small group and attending classes and seminars offered at Rhema Sanctuary.

