

Message: Growing Spiritually

Ephesians 4:17-32 | Colossians 2:6-7 | Philippians 2:12-13 | James 2:14-19
Hebrews 10:24-25

Lies about spiritual growth:

Lie: *Spiritual growth happens automatically.*
Truth: ***It is a process that takes time.***

Lie: *God is the one who makes us grow spiritually.*
Truth: ***It is a result of our daily decisions.***

Lie: *I'll grow more when I start learning more.*
Truth: ***It is more about behavior than beliefs.***

Lie: *I can do it alone.*
Truth: ***Christ wants us to grow up in a family.***

Essentials for growing in Christ as a Christ follower.

- Put Off
- Think Differently
- Put on

The new normal life

1. Put off falsehood – a no lie zone
2. Speak the truth in love
3. A new kind of anger
 - Anger without Sin.
 - Don't let the sun go down on my anger.
 - Don't give the devil a foothold.

Many of our Life Groups use this insert as a discussion guide throughout the week. If you're not in a Life Group, consider taking that Next Step and joining one today! <https://rlc.pub/groups>

Share your story

What insight, question, or resolution did you discover as we worshiped the Lord together this past Sunday?

How do you track your own growth? (*physically, spiritually, etc.*)

Is it difficult to see your own growth? Why or why not? What helps you measure growth? How important is your church family in helping you see your spiritual growth?

Connect to God's story

Read Ephesians 4:17-24.

Here Paul refers to Gentiles, not as people who are not Jewish, but rather to all people that have hardened hearts toward God. Take a moment to fill out the table below with how Paul describes those who follow the Gentiles and those who follow Christ:

Gentile Followers	Christ Followers

What do you notice about the above contrast?

Why is it important to understand that we play an active role in our own growth? (*there are things to learn, lay aside, put on, etc.*) What are you doing to take an active role in your growth?

Read Ephesians 4:25-28.

Paul writes that we are to replace falsehood with truth and stealing with doing something useful with your hands. Why is Paul talking about these exchanges? In what areas has the Spirit been redirecting destructive areas of your life in a new way?

How can this passage help us understand the emotion of anger? Why do people tend to think being angry is a sin? What can your unbridled anger lead to? (See: Genesis 4:3-8)

Have you ever let your anger fester? How can festering anger hinder your growth?

Read Ephesians 4:29-32.

What does Paul tell us the focus of our words should be? How can the words we say or harsh reactions we have be a result of festering anger?

Paul kindly redirects our sinful actions in verse 32. Do you reflect Jesus and grow in this way? How is the Spirit leading you toward kindness, compassion and the choice to forgive as you move through this week?

Real Life Prayer for 2022

Lord Jesus,

I affirm that I am fully known by You; my thoughts, fears, hopes, and dreams. You know my past, present, and future. I am fully known and loved by You.

I desire to know You more - Your heart, Your will, Your purposes.

I commit to making You known in my areas of influence through my words, actions, attitude, and joy. I commit to love as You love.

I ask you, Lord Jesus, to use me daily for Your purposes.

I pray this with a heart of gratitude,

Amen.

Notes:
