

Message Summary: All learning requires intentionality. If I want to grow in a specific area, I have to apply some type of intentionality to the process. Growth doesn't just happen by itself. Growing up spiritually works the same way. Spiritual growth only happens with intentionality. It doesn't just happen all by itself. You have to apply yourself to the learning process. You have to learn spiritual things. Today we are going to try to take away some of the mystery connected to spiritual growth. This is important because we are commanded to grow spiritually.

Courage to Face our Fears part 5

COURAGE to Grow Up Intentionally

1. Know What the Goal is

A. We are to measure our lives against Jesus Ephesians 4:13

B. We are to grow in every way like Jesus Ephesians 4:15

2. Learn to Cooperate with God's Working Philippians 2:12-13

A. You cannot make yourself grow spiritually Galatians 3:3

B. Learning to cooperate is essential for future growth Hebrews 13:21

3. Develop Habits that Help You Grow 1 Timothy 4:7

- **The habit of God's word daily**
- **The habit of communing with God daily – prayer**
- **The habit of serving**
- **The habit of community**

4. See Failure as the Learning Process Luke 22:31-32

5. Value Feedback from Others as a Gift

A. Advice – Proverbs 15:22 & 19:20

B. Correction – Proverbs 10:17 & 15:32

C. Encouragement - 1 Thessalonians 5:11

LifeGroup Questions:

Begin it (5min) – Opening Prayer & Praise song.

Open it (10min) – Take turns listing some of the growing up challenges you faced as a teenager?

Explore It (60min) – Discussion Questions:

1. How does it make you feel that we are to measure our lives against Jesus? What do you think it means to “grow in every way” like Jesus?
2. How do I cooperate with what God wants to do in my life? Can we resist His working in us? How so?
3. Discuss spiritual habits and training ourselves to be godly. What are your spiritual habits?
4. Failure is hard, but God uses it as teaching opportunities. Share how failure has made you better. Why do we see failure as such a negative life experience? Why do we avoid and deny it so much?
5. We need others to grow spiritually. Discuss the three areas of feedback we need from others to help us grow. Why are these things hard to receive? Why do we sometimes resist these three things?

APPLY IT (15min): What has God revealed to you from this message or through your group discussion that will bring more peace and calm to your life?