

# The Three “Moves” Of Spiritual Growth

## October 2, 2018

**Recap:** Four Stages of Spiritual Growth

**Key idea:** Spiritual growth advances in lockstep with a growing personal relationship with Christ. (Ephesians 4:13)

### **Beliefs and attitudes**

Weak beliefs inhibit spiritual growth.  
People do not buy into beliefs all at once.

### **Organized church activities**

Catalytic power of church activities is limited primarily to the first two movements.  
Serving is the most catalytic experience offered by the church

### **Personal spiritual practices**

These are our direct connections with God. Depth comes from frequency and intimacy.  
Personal spiritual practices are the secret to a fully engaged Christ-Centered identity.

### **Spiritual activities with others**

Spiritual community is critical for spiritual growth  
Evangelism is the most powerful public catalyst for movements 2 and 3.  
Fear of going public marks final frontier of spiritual growth

## **How did Jesus do it?**

### **Movement 1: Early Growth – Friendship**

- From stranger/acquaintance to friend
- Jesus and the crowd->Jesus and his followers - Matthew 4:23-5:1 & John 6:60-69
- Church is indispensable
- Church's most important job is to build trust in Christ.
- Spiritual beliefs and attitudes- **Salvation by Grace, The Trinity**, Personal God, Christ is First, Authority of the Bible
- Organized Church Activities – **Serve the church**, Weekend Services, Small Groups
- Personal spiritual practices – **Reflection on Scripture, Prayer for guidance frequently**, Bible reading, Prayer to confess sins
- Spiritual activities with others – Spiritual friendships

**Movement 2: Intermediate Growth – Multi-Context Friendship**

- From single context (i.e. work friend, basketball friend, etc) to multi-context friend
- Jesus and his followers->Jesus and his disciples - Luke 9:1-6 & Matthew 26:36-46
- Confidence is crucial. Build up to take out.
- Personal spiritual practices are key
- Going public is catalytic – Luke 10:17
- Spiritual beliefs and attitudes – **Personal God**, Salvation by Grace, Authority of the Bible. Christ is First, Identity in Christ
- Organized Church Activities – Serve those in need through my church, Serve the church, Small Groups, Weekend Services, Adult Education Classes focused on spiritual topics
- Personal spiritual practices – **Reflection on Scripture frequently, Prayer for guidance daily, Tithing**, Journaling, Solitude, Bible reading
- Spiritual activities with others – **Evangelism**, Spiritual friendships, Serving those in need on my own, Spiritual mentors

**Movement 3: Advanced Growth – Intimacy/Marriage**

- Jesus and his disciples->Jesus and the Apostles – John 21:15-19
- Sacrificial (often specific) love – John 15:13. It's about the heart.
- Takes place largely outside of church activities.
- Spiritual beliefs and attitudes – **Giving Away My Life, Christ is First, Identity in Christ, Authority of the Bible**, Stewardship
- Organized church activities – Serve those in need through my church, Additional teaching/worship service
- Personal spiritual practices – **Reflection on Scripture daily**, Bible reading daily, Tithing, Solitude frequent to daily, Prayer to confess sin daily, Journaling, Prayer for guidance daily
- Spiritual activities with others – Evangelism, Spiritual mentors, Serving those in need on my own

**For all stages:** Reflection on Scripture is vanilla ice cream.

**Conversation: Discussion Questions**

1. Describe your relationship with Jesus right now.
2. Reflect on the next “movement” in your spiritual life. What specific step could you take next that would be catalytic?
3. How has the church been helpful for you in your spiritual movement? Where have you needed more than the church was offering?
4. How are you attempting to take ownership of your own growth?
5. How are you asking Jesus to guide your growth?

## Jump Starting Your Heart – Class Three