

ASSIGNMENTS

1. Daily read this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of one area in which you want to grow in the coming year and what you can do to make it happen.
4. Write down at least one specific goal and keep track of whether you accomplished it.
5. Plan to tell the class how you plan to grow in the new year.



DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: Ephesians 4:11-15 PRAYER THOUGHT:

Father, help me to grow up to maturity in Christ.

TUESDAY - VERSES: 1 Peter 2:1-5 PRAYER THOUGHT:

Author of All Truth, Help me to come to your word to grow in knowledge and understanding of your will for me.

WEDNESDAY - VERSES: 2 Peter 3:15-18 PRAYER

THOUGHT: Gracious God and Savior, help me to never take your grace for granted, but to grow in my acceptance of it and my desire to show my gratitude for it.

THURSDAY - VERSES: 2 Thessalonians 1:3-10 PRAYER

THOUGHT: Master, help me to be thankful for all of my fellow servants who are growing in their faith, and help me to grow and encourage them.

FRIDAY - VERSES: Luke 13:18-21 PRAYER THOUGHT:

Purchaser and Builder of the Church, Help me to not only grow in my own spiritual life, but also work to help your church grow and spread throughout the world.

SATURDAY - VERSES: James 1:2-4 PRAYER THOUGHT:

Perfect Everlasting One, help me to grow through the difficulties that I face so that I can reach maturity and enjoy an eternal perfect life with You in Heaven.



A certain soap-maker having run out of superlatives to define the perfection of his product, hit upon a statement that said in a novel and compelling way the last word that could be said about it: "As we couldn't improve our product, we improved the box."

SPIRITUAL HEALTH REGIMEN - WEEK 73

GROWTH - 12-29-13 TO 1-4-14

SCRIPTURE - 2 Peter 1:5-7 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; (6) And to knowledge temperance; and to temperance patience; and to patience godliness; (7) And to godliness brotherly kindness; and to brotherly kindness charity.

COMMENT - Christianity is about growing. There is always another step to take, another aspect to add to your life. God doesn't want us to ever become complacent and believe we have done all there is for us to do.

SONG - HILLTOPS OF GLORY

1) Onward rejoicing I tread life's way, Higher I'm climbing each passing day; Hilltops of glory now rise in view, where all shall be made new.

2) Way down in Egypt 'mid burning sand, Moses had started for Canaan's land; never turn backward always ascend on to the journey's end.

3) Footsteps of Jesus before us lead, We tread life's journey His warnings heed; Evil allurements cannot prevail, I'm on the upward trail.

Chorus - Hilltops of glory I now can see; O brother won't you come go with me? Safe on the mountain I soon shall stand Hilltops of glory land.

THOUGHTS

Between an airplane and every other form of locomotion or transportation there is one great contrast. The horse even with a wagon, the automobile, the bicycle, the train, boats from the rowing kind to the great aircraft carriers, and even helicopters - can all be brought safely to a standstill. They can even go backward or in reverse, though sometimes with difficulty. However, there is no reverse about an airplane. Whether it is a jet or a crop duster, it cannot back up. It dare not stand still in flight. If it loses its forward momentum then it crashes. The only safety for a plane is forward. The same is true of the Christian. We must move forward and upward. If a Christian stops or starts to slip backward, he is in the most dangerous of positions possible.



The story is told of a woman who had been broken by a great tragedy in her life. She had been living under the crushing weight of a heavy burden for so long that she began to complain. Finally she cried out in bitterness, "I would to God I had never been made!"

In response to this a friend wisely replied, "My dear child, you are not made yet; you are being made and you are quarreling with God about His process."



One preacher told this parable:

Once upon a time there was a tree. It was a lovely looking tree, shapely, strong, and stately. But appearances are not always to be trusted, and they were not in this case. For the tree knew inwardly that its massive strength was beginning to wane. When the wind was strong it had felt itself shaking ominously, and heard suspicious creaks. So, wisely, it took itself in hand. With much effort it grew another couple of branches and then looked stronger and safer than ever. But when the next gale blew, there was a terrific snapping of roots and, but for the support of a friendly neighbor, it would have been flat on the ground.

When the tree had recovered from the shock, it looked at its neighbor curiously. "Tell me," it asked, "How is it that you have not only stood your ground, but are even able to help me, too?"

"Oh," replied the neighbor, "That's easy. When you were busy growing new branches, I was strengthening my roots."



A recent survey of Discipleship Journal readers ranked areas of greatest spiritual challenge to them:

1. Materialism
2. Pride
3. Self-centeredness
4. Laziness
5. (Tie) Anger/Bitterness
5. (Tie) Sexual lust
6. Envy
7. Gluttony
8. Lying

Survey respondents noted temptations were more potent when... they had neglected their time with God (81 percent) and when they were physically tired (57 percent). Resisting temptation was accomplished by prayer (84 percent), avoiding compromising situations (76 percent), Bible study (66 percent), and being accountable to someone (52 percent). - from Discipleship Journal



THE SECRET TO NEVER _____

INTRODUCTION - 2 PETER 1:5-15

LEAD STATEMENT - PETER TELLS US . . .

I. IT IS _____ TO NEVER FALL, BE BARREN, OR BE UNFRUITFUL - V. 10-11, 8

II. SUCCESS TAKES _____ - V. 5,10

III. _____ IS ESSENTIAL - V. 9, 12-15

IV. THERE IS A SAFE PROCESS TO _____ - V. 5-7

A. F _____

B. V _____

C. K _____

D. T _____

E. P _____

F. G _____

G. B _____ K _____

H. C _____

CONCLUSION

THE SECRET TO NEVER FALLING

INTRODUCTION

A. 2 PETER 1:5-15 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; (6) And to knowledge temperance; and to temperance patience; and to patience godliness; (7) And to godliness brotherly kindness; and to brotherly kindness charity. (8) For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. (9) But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. (10) Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall: (11) For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ. (12) Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the present truth. (13) Yea, I think it meet, as long as I am in this tabernacle, to stir you up by putting you in remembrance; (14) Knowing that shortly I must put off this my tabernacle, even as our Lord Jesus Christ hath shewed me. (15) Moreover I will endeavour that ye may be able after my decease to have these things always in remembrance.

B. FEAR OF HEIGHTS/FALLING IS THE 3RD MOST COMMON PHOBIA (BEHIND SPIDERS AND SNAKES) ACCORDING TO

<http://psychology.about.com/od/phobias/p/commonphobias.htm>

C. SOME THINK THE SOLUTION IS TO NEVER GET OFF THE GROUND, BUT IT IS IMPOSSIBLE SPIRITUALLY TO GET TO HEAVEN WITHOUT LEAVING THE GROUND.

LEAD STATEMENT - PETER TELLS US . . .

I. IT IS POSSIBLE TO NEVER FALL, BE BARREN, OR BE UNFRUITFUL - V. 10-11, 8

II. SUCCESS TAKES DILIGENCE - V. 5,10

III. REMEMBERING IS ESSENTIAL - V. 9, 12-15

IV. THERE IS A SAFE PROCESS TO SUCCESS - V. 5-7

A. FAITH

1. What is it? - persuasion, conviction, assurance
2. How do we add it? - Hebrews 11

B. VIRTUE

1. What is it? - excellence
2. How do we add it? - 2 Peter 1:3

C. KNOWLEDGE

1. What is it? - knowing
2. How do we add it? - Luke 11:52

D. TEMPERANCE

1. What is it? - Self-control
2. How do we add it? - Galatians 5:23

E. PATIENCE

1. What is it? - endurance
2. How do we add it? - Romans 5:3; James 1:3

F. GODLINESS

1. What is it? - being like God in holiness
2. How do we add it? - 1 Timothy 4:7

G. BROTHERLY KINDNESS

1. What is it? - showing love and kindness to other Christians
2. How do we add it? - 1 Peter 1:22

H. CHARITY

1. What is it? - Agape love
2. How do we add it? - Romans 13:9-10

CONCLUSION

2 PETER 1:5-7

AND BESIDE THIS, GIVING ALL
DILIGENCE, ADD TO YOUR FAITH
VIRTUE; AND TO VIRTUE KNOWLEDGE;
AND TO KNOWLEDGE TEMPERANCE;
AND TO TEMPERANCE PATIENCE; AND
TO PATIENCE GODLINESS; AND TO
GODLINESS BROTHERLY KINDNESS;
AND TO BROTHERLY KINDNESS
CHARITY.