

STEP TWO

Grow in Christ





GROW IN CHRIST

"Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church."

EPHESIANS 4:14-15 NLT

In the beginning, humans were created in the image of God (Genesis 1:26). Sin damaged that image, and salvation is about restoring us back into reflecting our Creator. So our journey in Christ should be focused on becoming more like Him. This is called "discipleship".

The Discipleship Diet

To encourage one another in growing as whole, healthy disciples of Jesus, we follow a simple "diet" plan. This helps us visualize and remember what things contribute to healthy growth in God.

These verses are foundational to the Discipleship Diet:

"Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me."

MATTHEW 16:24 NRSV

"'Teacher, which is the greatest commandment in the Law?' Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"

MATTHEW 22:36-39 NIV



"Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'"

MATTHEW 28:18-20 NIV

We can maintain a health Discipleship Diet by engaging in these four key things:

	Following / Being a Disciple	Making Disciples
Loving God	<p>1. _____</p> <p><i>Following Jesus through spiritual disciplines like prayer, Bible study and worship.</i></p>	<p>3. _____</p> <p><i>Growth in Christ's passion and methods for sharing salvation with others.</i></p>
Loving People	<p>2. _____</p> <p><i>Following Jesus by reflecting His character of love in our interactions with and care for others.</i></p>	<p>4. _____</p> <p><i>Making disciples through sharing God's love and truth with others.</i></p>



1. SEEKING

(Being a Disciple & Loving God)

"You will seek me and find me when you seek me with all your heart."

JEREMIAH 29:13 NIV

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

MATTHEW 7:7 NIV

God calls us to _____ Him.

We do this individually and in community through regular participation in 3 key things:

1 _____

2 _____

3 _____



Bible Study Tips

1. We must _____ to its authority.

"Sanctify them by the truth, your word is truth."

JOHN 17:17 NIV

2. We must _____ its truths.

"So faith comes from what is heard, and what is heard comes through the word of Christ."

ROMANS 10:17 NRSV

3. We must _____ God's word.

"...they received the message with great eagerness and examined the Scriptures every day..."

ACTS 17:11 NIV

4. We must _____ its principles.

"Now that you know these things, you will be blessed if you do them."

JOHN 13:17 NIV

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

JAMES 1:22 NIV



A. Claim His promises

- Battles - 1 John 4:4, Eph. 6:10-18, Rom. 8:37
- Financial Need – Philippians 4:19, Psalm 1:1-3
- Fear – Psalm 27:1-2, 2 Timothy 1:7
- Sickness – Psalm 103:2-3
- Confidence – Philippians 1:6
- Safety – Psalm 121:8, Romans 8:38-39

B. Share with others

“...let your light shine before others, that they may see your good deeds and glorify your Father in Heaven.”

MATTHEW 5:16 NIV

C. Practice applying scripture by asking:

- What did it mean to the original hearers?
- What is the underlying timeless principle?
- How can I practice that principle?

Prayer Tips

1. The purpose of daily prayer time:

A. To _____ devotion to God.

“We love because he first loved us.”

1 John 4:19 NIV



B. To _____ direction from God.

"Show me your ways, Lord, teach me your paths."

PSALM 25:4 NIV

C. To _____ delight in God.

"Take delight in the Lord; and he will give you the desires of your heart."

PSALM 37:4 NRSV

D. To _____ God's love and grace.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

JOHN 3:16 NIV

E. To _____ more like God.

"Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires."

2 PETER 1:4 NIV



2. How to pray:

A. Select a specific _____ and _____.

"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

B. Follow the model Jesus gave:

"This, then, is how you should pray..."

MATTHEW 6:9-15 NIV

- Praise "hallowed be your name"
- Purpose "Your will be done"
- Provision "Give us today"
- Pardon "forgive us our debts"
- People "as we forgive [others]"
- Power "lead us not into temptation"
- Protection "deliver us from [evil]"

Worship Tips

1. Worship involves our _____ and
our _____.

"God is spirit, and his worshipers must worship in spirit and in truth."

JOHN 4:24 NIV



2. Worship is a response of _____.

"We love because he first loved us."

I JOHN 4:19 NIV

3. While we can and should worship alone, we must take time to worship in_____.

"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

HEBREWS 10:24-25 NLT

We encourage sincere, heartfelt responses to God during worship. Through singing, prayer and engagement in Bible study, we all actively take part in worship. Worship is meant to be participatory NOT a spectator sport.



2. REFLECTING (Being a Disciple & Loving Others)

"Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another... And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

COLOSSIANS 3:16-17 NKJV

"Let all bitterness, wrath, anger, loud quarreling, and evil speaking be put away from you... And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Therefore, be imitators of God as dear children. And walk in love as Christ also has loved us..."

EPHESIANS 4:31-5:2 NKJV

The only way to grow in reflecting Jesus is by being in

_____.

We do this be meeting together both at _____

and _____ to _____.

"(They met) day after day, in the Temple courts and from house to house."

ACTS 5:42 NIV



SMALL GROUPS

Small Groups are the best way to be in community and grow in reflecting Jesus. In step One of Growth Track, we discussed the importance of Small Groups. In this step, we see how important small groups are for our growth as disciples of Christ.

As practice in character growth toward reflecting Jesus, please prayerfully commit to these Small Group guidelines:

1. Make the group a priority (Frequency)
2. Share truthfully (Authenticity)
3. Encourage spiritual growth (Mutuality)
4. Honor one another (Courtesy)
5. Support each other in times of need (Sympathy)
6. Accept your weaknesses (Humility)
7. Speak the truth in love (Honesty)
8. Forgive when hurt (Mercy)
9. Keep things confidential (Trustworthy)
10. Support our purpose and vision (Unity)

"May the Lord make your love increase and overflow to each other...so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones."

1 THESSALONIANS 3:12-13 NIV



3. TRAINING (Making Disciples & Loving God)

In part 3, we move from focusing on how to “BE” disciples and start looking at how to “MAKE” disciples. This first step toward making disciples requires drawing near to God and seeking Him, but with a twist. This is about seeking Him specifically for learning how to share salvation with others.

There are two aspects to training:

1. _____ and _____

2. _____

1. Gifts and Talents

“...the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith...But one and the same Spirit works all these things, distributing to each one individually as He wills.”

I CORINTHIANS 12:7-11 NKJV

Part of training is understanding how God wired you for ministry. This will be the focus of Step Three of Growth Track.

2. Personal Witnessing

“...you shall be witnesses to Me in Jerusalem, and in all Judea, and Samaria, and to the end of the earth.”

ACTS 1:8 NKJV



WITNESSING TIPS

A. Share His _____ NOT _____.

Remember we are witnesses to what Jesus has done, not the judge or jury of others. Focus on sharing His love without condemnation.

"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him."

JOHN 3:16-17 NLT

B. Pray for _____ to share Jesus.

"...grant to Your servants that with all boldness they may speak Your word."

ACTS 4:29 NKJV

C. Invite someone to his or her _____.

"Come and see a man who told me everything I ever did! Could this be the Messiah?"

JOHN 4:29 NIV

Possible "Next Steps":

- Attend Church
- Read the Bible
- Pray
- Be baptized
- Attend Growth Track
- Join a Small Group
- Join a Ministry Team
- Attend a retreat
- Go to a Christian concert



GROWTH TRACK

4. **SHARING** (Making Disciples & Loving Others)

"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commended you; and lo, I am with you always, even to the end of the age."

MATTHEW 28:19-20 NKJV

It's not possible to be a disciple of Jesus if you are not

_____.

Part 4 of growing as a disciple of Christ is finding your place to actually be sharing His love with others in the world. This is hands on ministry.

This piece is SO IMPORTANT, we've dedicated a whole step of Growth Track to it. Step Four is all about becoming part of a ministry team.

Jesus said:

"...the Son of Man came to seek and save those who are lost."

LUKE 19:10 NLT

It's _____ for someone to be His

disciple if he or she is not following Him in seeking to save others!



QUICK REVIEW

Growing in Christ is called _____.

The 4 Parts of the Discipleship Diet are:

1. _____
(Through Bible study, prayer & worship)
2. _____
(By growing relationally in community)
3. _____
(In personal witnessing and spiritual gifts)
4. _____
(Through hands on ministry for others)



NEXT STEPS

1. Join a Small Group (if you haven't yet).

Once you find a group that interests you, contact the leader(s) to learn more and make plans to check them out in person. Those new to the Seventh-day Adventist Church are recommended to start with The New Believers group.

Review the Small Group guidelines from stepTWO.

2. Commit to following the Discipleship Diet.

As a disciple of Christ, I commit to follow the Discipleship Diet in order to grow in fully following Jesus. By Your grace Lord, and the power of Your Holy Spirit I will actively engage in being a disciple through seeking and reflecting You, and making disciples by training and sharing Your love with others.

3. Attend stepTHREE and stepFOUR of the Growth Track.

Come discover your unique design. Using the results of the personality and gifts assessments, you'll be able to choose a service area that best fits your passion and gifting. In Step Four of Growth Track, you will have the opportunity to sign up for the ministry area of your choice and learn how to get involved.



NOTES



