



Study Guide on Spiritual Growth

Participants' Worksheet



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Study Guide on “Spiritual Growth” – Ephesians 4:11-16

Introduction

As Christians, we are expected to grow. We are often told that “growing spiritually” is important. As we come to faith in Jesus Christ as Savior; He is also Lord. Confessing that someone is “Lord” literally means to “follow” what that someone says, believes in, has done or is doing. Hence, as we submit to the “Lordship” of God in Christ Jesus, we also submit to the new life that Christ has given and is helping us to mold as we walk with God for remaining days of our lives. Remember that our baptism is not just about the redemption from sins; but also a “renewal” by the Holy Spirit (Titus 3:5).

However, some of us might not know exactly what “growing spiritually” is about. After all, the phrase “spiritual growth” cannot be found in the Bible! Some of us might think that we are already growing spiritually; but we wonder...what are the areas in which we can grow more? What might some indicators which can allow me and others to observe more clearly what spiritual growth is about? The Small Group Ministry is concerned for the spiritual growth of its leaders and members. After all, this is what Small Groups is about: a Christian community that helps one another to follow the way and will of God.

At the end of this study, you would be able to:

1. Have an understanding of what spiritual growth is about;
 2. Be informed of the six disciplines of spiritual growth that serves as indicators for growth;
 3. Have the opportunity to develop a personal growth plan;
 4. Have the opportunity to develop a smaller group of accountability partners.
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1. What is “Spiritual Growth”?

Question	When someone speaks of “spiritual growth”, what comes to your mind? In groups of 3-4, write or draw (individually) in the following blank space what you think “spiritual growth” is about. Share with one another (within the group of 3-4) your drawings / writings.

2. Why is Spiritual Growth important?

Question	As disciples of Jesus Christ, do you think spiritual growth is important? If yes – why? If no – why?

3. The metaphors of growth in Ephesians – the community aspect of growth

<p>Question A</p>	<p><u>Read the English Standard Version of Ephesians 4:11-16.</u> Ephesians 4:11-16 ¹¹ And he gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.</p> <ol style="list-style-type: none"> 1. Try to pick up words / phrases in the passage that you think describe “growth”. 2. Discuss: In what way do these words help us to understand more about being disciples / “saints” of Christ?
<p>Question B</p>	<p>Focus on Ephesians 4:15-16: ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.</p> <p>When the Apostle Paul speaks of “to grow in every way...” do you think he is talking more about our private time with God, or do you think the community (in this case the small group) should be involve in each of our spiritual growth journey? Why do you think so?</p>

Question C	Why do you think the community aspect of our spiritual growth is important? Is there a community aspect in your own spiritual journey for example, being accountable to someone for your spiritual life?

4. Summary of study

Note that this is not a comprehensive study on spiritual growth. However, it does give some major conclusions which we think is important for every Christian to know and remember for the rest of their spiritual journey with God:

5. Spiritual growth assessment

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