

SPIRITUAL DEVELOPMENT SHEET

Romans' chapter seven explains the struggle in detail. What I want to do, I cannot do, but what I hate, I do; there is evil in me. Who will save me from it? (Paraphrased) I thank God because He will, through Jesus Christ our Lord! The question is how?

In John 3, Jesus tells Nicodemus he must be born again. Nick doesn't get it. I can't start over by going back inside my mother? No Nick, but you can start again. God gives you that power and here is how.

Jesus was God coming to live with us. Emmanuel is what the angel told Mary to name Jesus and that means, "God with us." He was born of a virgin through the Holy Spirit. So God came and lived among us as a man. He experienced everything that we did.

Jesus knew human life. Others falsely accused him. He was tempted by Satan in his basic needs: food – to eat when he was really hungry; power or control- to tempt God; and relationship – to worship Satan and supposedly get something He wanted. Satan even tempted Jesus with Scriptures, but he used them out of context and Jesus knew the Scriptures' context. He also knew God the Father's voice, character, and love, so Jesus could respond with wisdom and resist the temptation.

Jesus was betrayed by one of his own disciples. Judas was disappointed that Jesus was only going to be a spiritual ruler, not a physical earthly one. Jesus was falsely accused, beaten and crucified in a most gruesome manner. Yet He still did not sin. He turned to God and asked God to forgive people, because they did not know what they were doing.

That is why the death of Jesus counts. He never sinned, so His death pays the price for the times we have missed the mark, hurt others or been hurt by the sins of others.

When we accept what He did for us and receive His forgiveness, then we are free. We don't have to live with guilt for any mistakes we have made anymore.

Besides Jesus death, He was resurrected. You can read about this in Matthew 26-28, Mark 16, Luke 24, and John 20. Because of this, Jesus gives us new life. When we accept His sacrifice for us, He gives us many things: the basic is forgiveness, new life, a new beginning. When you accept this, you become a Child of God. He adopts you and it becomes a positive, healing, life-giving relationship. (Romans 8:15, Eph 1:5) He sends the Holy Spirit to live in us and to seal the work He did for us. (Eph. 4:30)

When a person is born, it is important that they are raised with certain elements: good food or nutrition, shelter, light, nurturing, communication, and taught good skills and values. When you become a child of God, it is vitally important to choose places where your spirit can develop in a healthy way. It takes learning and wisdom to keep trials from wounding you, enabling them to become experiences that help you grow.

Certain elements parallel the needs of human development and spiritual growth. Learning and understanding is development like conception and growth in the womb. Commitment is being born again. It is a new start. The Word of God, the Bible, or Scripture, is like food. It nourishes us, helping us develop naturally as we take it in. Relationships and character grow healthier. Prayer is communication with God, as we need communication with parents. He is our shelter and guide. Fellowship is communicating with other family members. It nurtures the soul. We can choose spiritual family. Worship is adoration, music, spending time in God's presence. It is connecting with Him; it is serious play. Serving God is doing kind acts for others. It helps us be built up together as a loving family united in Christ.

These are all ways of both receiving from and ministering to God. The following sheet will help you develop these areas in your life.

SPIRITUAL DEVELOPMENT WORKSHEET

Working these areas will help your spiritual life grow. This worksheet will help you get started. Start with what you can and make it workable. It is not a magic formula. These are helpful tools. The main idea is to seek God, learn to love Him, and know His voice in your life.

These will help build a strong foundation. Turn to them when a trial comes and you will put a lot of room between you and temptation. **Sometimes it will challenge, mostly it will bring joy!**

SCRIPTURES THAT ENCOURAGE ME:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

SEVEN WORSHIP SONGS TO SING:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

PRAYERS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

PEOPLE I CAN CALL WITH PHONE NUMBERS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

WAYS I CAN SERVE THE LORD:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

PLACES I CAN GO TO WORSHIP AND / OR GET INFORMATION TO DEVELOP MY LIFE WITH CHRIST: