



GROW

101: GROW

This step of the growth process has 3 goals

1. **KNOW** - Get answers to some basic questions about Christianity and following Jesus.
2. **BE** - Be a growing follower of Jesus.
3. **DO** - Grow your faith with the tools and information gained through this study.

Have you ever wondered?

- How do I know for sure I'm a Christian?
- What is baptism?
- How do I share my faith?
- How exactly am I supposed to pray?
- How do I use the Bible?
- How do I understand the Bible?
- How can I overcome temptation?
- Why should I attend church?
- How can I improve my relationships?
- What is fasting?
- How does God expect me to use my time, talents & treasure?

We'll answer these questions and more as we explore 6 topics across 7 sessions to help you grow your faith!

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HOW TO USE THIS STUDY

Welcome to Grow, part of the “Equip - Growth Process” at Princetown Church.

Our hope is that this study will give you a better understanding of what it means to follow Jesus. Before you get started, we'd like to offer a few tips to help you get the most out of your experience.

WORKING THROUGH THE STUDY

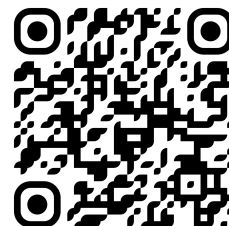
The Growth Process has been written for use in one-on-one mentoring scenarios or in group environments, such as Community Groups. If you're participating in this study as part of a group or as someone who has been following Jesus for a long time, we recommend going through it at about one session per week. Each week, review your answers and spend time in the group discussions.

If you're doing this study with a mentor one-on-one, or if you're a relatively new follower of Jesus, you may find it helpful to slow that pace down. In fact, it may be helpful to look up verses with your mentor and work through each answer together. This may mean that it takes more than seven weeks to complete. That's fine. Work at the pace that is best for your learning and personal application.

ADDITIONAL SUGGESTIONS

- The best way to prepare for each group discussion or mentoring conversation during this study is to read the session material and complete any independent work assigned by your group leader or mentor beforehand.
- Generally speaking, the more we interact with something, the better we learn it, so the more you're willing to engage in the group discussion, Bible reading, and next steps activities, the more you'll benefit from those experiences.
- Finally, don't be afraid to ask questions! Answering your questions is what this step in the Growth Process is all about.

****If you are brand new to Christianity, investigating who Jesus is, or have questions about faith, start with the 321 Course, then come back to this packet. With your mentor, find the 321 course with the QR Code****



LIFE CHANGE 1 - God's Good News to Us

1. Tell each other about your faith story; what do you believe about God and Jesus?
2. What do you hope to gain from our time spent together?

When reading the Bible verse below, use an app like YouVersion. It can make it much easier to find the Bible passages. Try it out....it's free! After reading each verse, ask each other what the verse means.

How do I know for certain that you are a Christian?

It begins with a message. The Bible uses a word that may seem foreign to us: GOSPEL. Simply put, the word Gospel means GOOD NEWS. The Gospel is the GOOD NEWS of Jesus Christ.

The GOSPEL starts at the beginning of the Bible. God designed us for a relationship with Himself. God is eternal and perfect, and in His love, He created space, time, matter, the world, and everything in it.

Genesis 1:1 “In the beginning, _____ created the heavens and the earth.

God intentionally made Humans! He made each of us with a purpose - to worship and walk with Him.

Genesis 1:31 “God saw everything that he had made, and behold, it was very _____.”

The world didn't stay good for very long. Humans sinned, and that sin led to brokenness in our relationship with God and everything else in His good world. This reality means that before we can get to the GOOD NEWS, we have to understand the BAD NEWS.

Romans 3:23 “_____ have sinned and come short of the glory of God.”

Romans 5:12 “Therefore, just as _____ came into the world through one man (Adam), and _____ through _____, so _____ spread to all men because all _____.”

But the GOOD NEWS is that Jesus provided a solution for our sin. His death, burial, and resurrection allow us to have a restored relationship with God.

Romans 5:18 “Therefore, as one _____ led to condemnation for all men, so one act of _____ (or an act that perfectly follows God’s law) leads to justification (or being made right with God) and life for all men.

How does John 3:16 describe the good news?

What does Romans 10:9 say our response to the GOOD NEWS should be?

DISCUSSION: What is your response to this GOOD NEWS? Have you put your faith and trust in Jesus to save you from your sins?

- *If NOT, what questions do you have about the GOOD NEWS?*
- *If YES, share your story below.*

Sharing the Good News with Others

How do I share my faith?

If you have some really good news, don't you want to share it?! We have the best news of all time. We should want to share it with everyone!

Read Acts 9:9-18 - Just like Paul, whose life was saved by Jesus, sharing the story of your changed life is the simplest way to share your faith! We all have three parts to our story.

My life _____ Jesus (my background)

How I _____ Jesus (my encounter)

My life _____ Jesus (my experience)

Write your "three-part story" of Life Change here:

Describe your life before Jesus.

Describe how you met Jesus.

Describe how your life has changed because of Jesus.

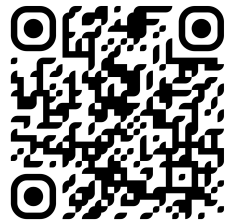
NEXT STEPS:

1. **Share your three-part story of Life Change with someone who needs to hear the Good News.**

Remember that the GOOD NEWS is not complicated: 1. God is holy and desires a relationship with us. 2. Man is sinful and separated from God. 3. Jesus Christ is our substitute for the penalty of our sin. 4. We must believe Jesus died, was buried, and rose from the dead on the third day.

Baptism

2. **Prayerfully consider obeying the command to be baptized.** For more info and to take the step of baptism, use the QR code.

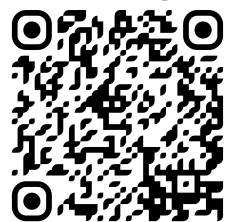


3. **What challenges might you face in your walk with God?** How can we pray for each other this week? Take time to pray for each other.

FOR FURTHER HELP AND STUDY

1. Learn more about Christianity and following the way of Jesus in the Princetown Church sermon series “The Way - Making Christianity Simple”

The Way



LIFE CHANGE 2 - Communicating with God

How exactly am I supposed to pray?

1. How did your last week go? Any highs or lows with your faith?
2. Who have you shared your faith story with? How did it go?

“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.” - C.S. Lewis

Discuss - **WHAT** is prayer?

Prayer is us communicating with God. Psalm 62:8 says, “Trust in him at all times, O people; pour out your heart before him;” Prayer is “pouring out our hearts to God in praise, [requesting], confession of sin, and thanksgiving” (New City Catechism Question 38).

WHO can pray? _____!

HOW should we pray?

Read the passages to answer the blanks - talk about what each point means

- Go to God in Jesus' name. He is the _____ way to the _____.
(John 14:6, 1 Timothy 2:5)
- Go with a clean _____. (Psalm 66:18)
- Have a _____ spirit. (Mark 11:25)
- _____ God will answer. (Matthew 21:22)

WHY should we pray?

- To _____ God. (John 14:13) - Who do your prayers typically glorify?
- Because God _____ it. (1 Thessalonians 5:17)
- To _____ with God and have a relationship with Him. (Psalm 17:6; 77:1)
- Because _____ prayed, and He is our _____. (Mark 1:35)

To WHOM do we pray? We pray to God, the _____, in the name of Jesus, the Son. (Matthew 6:9) Through the power of the Holy Spirit

WHEN should we pray?

- Pray _____ throughout the day. (1 Thessalonians 5:17)
- Set apart a daily time as _____ did. (Mark 1:35)

What can HINDER my prayers? When we sin, God can, in mercy, withhold blessings when we pray. This doesn't always happen, but when it does, it is a loving act to help us see where we can repent and reconnect with God. Scripture mentions several hindrances to our prayer:

- Not _____ (James 4:2)
- Wrong _____ (James 4:3; Matt. 6:5-6) What does this look like in life?
- _____ the needs of others (Prov. 21:13)
- _____ (Matt. 6:12-15)
- _____ sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- _____ prayers (Matt. 6:7-8)
- Doubt and Neglect in Marriage can also hinder your prayers (James 1:6-7, 1 Pet. 3:7)

Discuss - Have you seen any of these things hinder your prayers? How?

Some important things to remember about how God answers our prayers:

- *He doesn't give us everything we want. He gives us what is best for us.*
- *Sometimes, He says "Yes." Sometimes, He says "Not Yet" because He knows the best timing. Sometimes, He says, "No, I have something better planned for you."*

What can we INCLUDE in our prayers?

- Here is a simple method of 4 items to include in your prayer (**ACTS**):

<i>___doration</i>	<i>Telling God that He is great!</i>
<i>___onfession</i>	<i>Asking God to forgive our sins.</i>
<i>___hanksgiving</i>	<i>Thanking God, even for difficulties.</i>
<i>___pplication</i>	<i>Making requests to God.</i>

NEXT STEPS

1. **From this study, what was helpful?** Have you seen God answer any prayers?
2. **Share your prayer requests with other Jesus followers.** Be sure to let them know when God answers your prayers!
3. **Ask other people how you can pray for them.** This can be a way to build a relationship with someone you want to share the gospel with.

FOR FURTHER HELP AND STUDY

1. Use a prayer Journal or prayer app (Prayer Mate, Echo Prayer, or use the “Prayer List” tab on the YouVersion Bible App)

2. Pray the Bible—As you read your Bible, pray about what you read. Ask God to help you trust and apply what you read

3. **What are some different EXAMPLES the Bible gives of ways to pray?**
Identify the eight different ways to pray.

_____ *Moses’ prayer (Exodus 34:8)*

_____ *Jesus’ prayer (Luke 9:16)*

_____ *Solomon’s prayer (2 Chronicles 6:13)*

_____ *Hannah’s prayer (1 Samuel 1:13)*

_____ *Jesus’ prayer (Matthew 26:39)*

_____ *David’s prayers (Psalm 77:1, 141:1)*

_____ *Paul describes prayer (1 Timothy 2:8)*

_____ *A description of how Jesus prayed in (Hebrews 5:7)*

LIFE CHANGE 3 - God Communicating With Us (1)

How do I use the Bible?

1. How did your last week go? Any highs or lows with your faith?
2. How did praying go last week?
3. Through your time with God, did he reveal anything about yourself, Himself, or life?

The primary way that God communicates with us is through His Word, the Bible. He has revealed to us who He is, that He wants a relationship with us, and how He has made that relationship possible.

A Brief Overview of the Bible

Discuss - With each question give the explanations you have heard

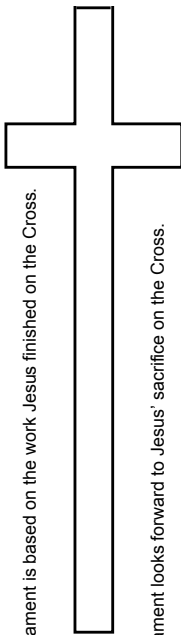
- **Creation: Where did we come from?** God created everything with His perfect design (Genesis 1-2)
- **Fall: What went wrong?** Humans sinned against God and broke everything. Humans continued in that brokenness, looking for redemption. God was gracious and continues to point toward His redemption (Genesis 3-Malachai 4)
- **Redemption: Where do we find hope?** All of God's graciousness and promises lead to Jesus. Jesus is the center of the Bible. Christ, God in flesh, comes into human history, lives the perfect life, dies on the cross for our sins, and rises again. Jesus returns to heaven and sends the Holy Spirit to His followers. The Holy Spirit empowers Christians with a new life, changing them from the inside out as they live their lives sharing Jesus' message of redemption (Matthew 1 - Revelation 20).
- **New Creation: Where is history going?** In the end, God brings about full redemption and consummation of His promises to His people (Revelation 21-22).

The Organization Of The Bible

The Bible is the most remarkable book ever written. It was written by about 40 men in several countries and with many occupations. They wrote over a period of about 1,500 years and in three languages (Hebrew, Aramaic, and Greek). Yet, the Bible is a well-organized collection of 66 individual books united with one great theme and one great central figure: Jesus Christ. All of this would be impossible unless the Bible had one supreme author. And it did: God the Holy Spirit.

The Bible is divided into 2 major sections: The Old Testament and the New Testament. The word “testament” means “covenant” - God’s agreement with man. The 39 books of the Old Testament or Old Covenant are an account of God’s dealings with mankind from Creation until about 400 years before the coming of Jesus. The 27 books of the New Testament or New Covenant reveal Jesus Christ, the Savior of mankind. In it, we find the life of Jesus, the beginning of Christianity, the way of salvation, instruction for Christian living, and God’s plan for the future.

Taken from <http://www.muncherian.com/TheBibleAtAGlance.pdf>

OLD TESTAMENT (39 Books)			“The New is in the Old concealed. The Old is in the New revealed.”		NEW TESTAMENT (27 Books)		
HISTORY 17 books	POETRY 5 books	PROPHECY 17 books			HISTORY 5 books	TEACHING 21 books	PROPHECY 1 book
Law Genesis Exodus Leviticus Numbers Deuteronomy History & Government Joshua Judges Ruth 1 Samuel 2 Samuel 1 Kings 2 Kings 1 Chronicles 2 Chronicles Ezra Nehemiah Esther	Job Psalms Proverbs Ecclesiastes Song of Solomon	Major Prophets Isaiah Jeremiah Lamentations Ezekiel Daniel Minor Prophets Hosea Joel Amos Obadiah Jonah Micah Nahum Habakkuk Zephaniah Haggai Zechariah Malachi			The New Testament is based on the work Jesus finished on the Cross. The Old Testament looks forward to Jesus' sacrifice on the Cross. About 400 years between Testaments		Gospels Matthew Mark Luke John Acts

The primary way that God communicates with us is through His Word, the Bible. He has revealed to us who he is, that he wants a relationship with us, and how he has made that relationship possible.

Use the chart to fill in these blanks:

Read 2 Peter 1:21 - When God chose a person through whom to communicate His Word, He used that person's perspective, vocabulary, and experience as His channel.

- This verse explains how _____ books written by more than _____ authors spanning _____ years can be so different from each other in style and yet be completely non-contradictory and consistent in message.
- There are _____ books in the Old Testament, with 4 types of literature: Law, History, Poetry, and Prophecy. Knowing what kind of literature you are reading before you start is helpful.
- There are _____ books in the New Testament, consisting of 3 types of literature: History, Letters, and Prophecy.

What did JESUS believe about the Bible?

- *"Your word is _____." (John 17:17)*

WHO is the real author of the Bible?

- *"All Scripture is _____ - _____..." (2 Tim. 3:16a)*

WHY was the Bible written? Discuss your answer before proceeding

"[God's Word] is useful for teaching (understanding truth - since God is truth, John 17:17, the bible tells us about God, His heart & Character, the truth of how we should live and trust him), rebuking (comparing our life against the truth), correcting (aligning our life to the truth) and training in righteous (continuing to grow in the truth), so that the man of God may be thoroughly _____ for every good work." (2 Tim. 3:16-17)

Asking these two questions is crucial to UNDERSTANDING the Bible:

1. What is the meaning in context? (Not what does it mean to me - There is one interpretation of the passage)
2. How should this affect my life? Be specific! (There can be many applications)

Steps for Interacting with the Bible

1. **START WITH PRAYER** - Before you open your Bible, pray. You can pray that God will help you understand what the text means, that God will stir your affection for Jesus, and whatever else comes to mind.

2. **HEAR** – Read James 1:19-25. *You can use the YouVersion app to access a free Bible. We recommend reading from the ESV, NIV, or, for an easier read, NLT. Also, try using a Study Bible for helpful insights into what you are reading. You can find an ESV Study Bible at the Princetown Church Resource Center.*

Before you read a section of scripture, look at the introduction at the beginning of a Study Bible or on the YouVersion App to learn about the author, audience, and context.

- *Discuss* - What kind of heart will best hear and use the Word?

<input type="checkbox"/> An honest and obedient heart	<input type="checkbox"/> An open but indifferent heart
<input type="checkbox"/> An alert and cautious heart	<input type="checkbox"/> A well-trained, scholarly heart

We are to hear God's Word with an attitude of submission, purity, and humility (v.19-21) and apply it to our lives. We are not to be only hearers of the Word, but doers of the Word (v.22).

3. **STUDY**– Read Acts 17:11

- *Discuss* - How should we study the Word? (Read Prov. 2:1-5)

- *Discuss* - What should be our goal in studying the Bible? (Read 2 Tim. 2:15)

You might get discouraged as you study because you don't understand everything immediately. This is normal. Reading the Bible can be like learning to walk. It takes practice. The more you do it, the easier it becomes. Remember, God wants to reveal Himself to you through His Word. Don't give up on it. God will change your life through it (2 Tim. 3:16-17, Hebrews 4:12).

4. **MEMORIZE**– Read Psalm 119:9,11

- Discuss - Why would memorization be important?

5. **MEDITATE**– Read Psalm 1:1-3. Unlike modern meditation, which is about clearing your mind, biblical meditation is a prayerful and continual reflection on what the Bible says. As you meditate on scripture, ask yourself: “What is God saying, and what should I do about it?”

- Discuss - What promises are made to the person who continually meditates on the Word of God? (Read Ps. 1:2-3 and Josh. 1:8)
- Discuss - Do you think meditating on God's Word can affect your speech and actions? How? (Read Luke 6:45)

6. **LOOK FOR JESUS** - *Luke 24:44 tells us that all the Bible points to Jesus! While we should respect what each verse meant to its original audience, all the passages somehow point to Jesus. Look for that as you read!*

NEXT STEPS:

1. **Create a schedule and read Psalm 119 this week.** As you read, notice the Psalmist's love for God's Word.
2. **Or start a devotional plan** - On the YouVersion App or Princetown Resource Center (Recommended - *New Morning Mercies* by Paul David Tripp)

3. **Memorize Psalm 19:14** and make it your prayer as you study God's Word.
4. **What challenges might you face in your walk with God?** How can we pray for each other this week?

FOR FURTHER STUDY

Why is it important to understand the connection between the Old Testament and the New Testament?

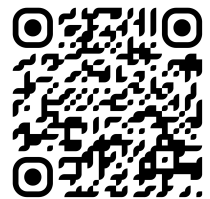
When we pick up a novel and read the last chapters, we consider that cheating! Similarly, the Bible is a book of progressive revelation. A major theme is being developed in Scripture that is more fully and clearly revealed toward the end than at the beginning. We must understand Old Testament prophecy in light of the New Testament account of its fulfillment, as well as Old Testament characters in light of New Testament comments on them.

DISCUSSION: What is the meaning of the statements on the chart "The New is in the Old, concealed. The Old is in the New, revealed?"

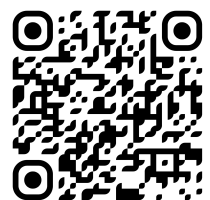
Isn't the Bible filled with ERRORS and CONTRADICTIONS?

First, if you have this question, where are the contradictions? Most people can't name one. Where people claim there is an error, we must remember that Jesus claims God's Word is truth (John 17:17). The Bible claims to be reliable. It does not give us wiggle room on whether it is true or not. Its reliability doesn't rest on Modern thought or archaeology to say that it is true... The Bible is true because God is true (James 1:17, 1 Peter 1:25). When we encounter an apparent error, we are either misinterpreting modern evidence, misinterpreting the Bible, or the contemporary evidence confirms the Bible. An honest reading of the text will show no errors or contradictions! A basic rule of Bible study is to allow clear passages to interpret complex passages.

How do we know we have the "right" books in the Bible? Didn't they exclude other books? Use the top QR Code



How can we know if the Bible is true? Use the bottom QR Code



LIFE CHANGE 4 - God Communicating With Us (2)

How do I understand the Bible?

1. How did reading your Bible go last week?
2. How did Prayer go last week?
3. Through your time with God, did he reveal anything to you about yourself, Himself, or life?

Digging Deeper Into God's Word

Just as we make the analogy that Prayer is like breathing, the Bible makes the analogy that Bible study is like eating.

- *Discuss - How does Peter describe Bible study in 1 Peter 2:2?*

As we grow physically from newborn infants into children and beyond, our need for food changes from basic milk to more substantial food.

- *Discuss - How does that relate to Bible study as described in Hebrews 5:12-14?*

Serious Bible study is best described as **OBSERVATION, INTERPRETATION, and APPLICATION**. Quickly read through the next section and use some of the skills in the “Time to try it” section

OBSERVATION asks, “What does the passage say?”

Some key questions to ask are:

1. What are words you need defining?
2. What are words or themes that are repeating?

3. Can you retell the passage in your own words?
4. To whom was this Bible passage addressed?
5. What is the main subject (doctrine, theme)?
6. What is the immediate context (surrounding verses or chapters)?
7. What does other Scripture have to say on the theme or doctrine?
8. What surprised, confused or bothered you? Why?

INTERPRETATION asks, “What does the passage mean?”

Four Principles to Interpreting the Bible:

1. **The Literal Principle** - Scripture should be understood in its literal, normal, and natural sense. While the Bible does contain figures of speech and symbols, they were intended to convey literal truth.
2. **The Historical Principle** - Interpret Scripture in its historical context. We must ask what the text meant to the people to whom it was first written.
3. **The Grammatical Principle** - This requires that we understand the basic grammatical structure of each sentence. To whom do the pronouns refer? What is the tense of the main verb?
4. **The Synthesis Principle** - The Bible doesn't contradict itself. If we arrive at an interpretation of a passage that contradicts a truth taught elsewhere in the Bible, our interpretation cannot be correct. The Bible must be compared with itself to discover its whole meaning.

From this, you can arrive at the meaning of the text. Some questions to help with interpretation are:

1. What does the passage tell us about God?
2. What does the passage tell us about People?
3. What does the passage tell us about living to please God?

APPLICATION asks, “What does this passage mean to me?”

Application Questions:

1. What is the primary example to follow?
2. What error is there to avoid?

NEXT STEPS:

1. **Commit to reading the Bible by trying these Bible-reading methods over the next few years.**
 - Do a daily devotional
 - Read one “chunk” continuously for _____ days
 - Read one smaller book of the Bible for one month
 - Read one Proverb per day (e.g., on August 22 read Prov. 22)
 - Read OT passage in the morning and NT passage in the evening
 - Read through the Bible in one year (about 3 chapters daily) - Helpful devotionals (The Bible Recap by Tara-Leigh Cobble or Everyday Gospel by Paul Tripp)

2. **What challenges might you face in your walk with God?** How can we pray for each other this week?

HINT: There are hundreds of Bible Reading plans and devotionals on the YouVersion Bible app! You can also pick up one of our Bible reading devotionals at the Princetown Church resource center.

GROW 5 - God Living in Us

Who is the Holy Spirit?

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Who did you share your faith with last week?

The task of growing as a follower of Jesus and carrying out his mission requires God's help. Just before Jesus ascended into Heaven, he told his disciples that the Holy Spirit was coming to indwell them. Acts 1:8.

Who is the Holy Spirit?

- (Read Acts 5:3-4) Who did Peter believe the Holy Spirit was? _____
- (Read Matt. 28:19) The Holy Spirit is the THIRD PERSON of the Trinity: Jesus states that we are baptized in the singular name of the _____, _____, & _____. There is one God in three equal persons.

What does the Holy Spirit do?

- (John 14:16-17) What did Jesus call the Spirit? _____
- (John 16:8-11) He convicts us concerning _____, _____ and _____.

DISCUSS: Give an example for each of these three areas of conviction. How is conviction different for an unbeliever than for a follower of Jesus?

What does it mean to be filled with the Spirit?

- (Eph. 5:18) Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be _____ by the Spirit.
- This means I must _____ my wrong feelings, attitudes, and actions to the Holy Spirit, moment by moment! This requires a mental choice to _____ on God rather than on myself in every situation.

**Confess means to admit to a punishable deed (like sin) and agree with what God says about it. We should confess our sins to God and to other trustworthy Christians.*

- **Why are some Christians not filled with or controlled by the Spirit?** (Read 1 Cor. 3:1-3)

Self-assessment – How Spirit-filled am I?

Paul contrasts life by the flesh (our natural selves) and life by the Spirit in Galatians 5. Read verses 13-26 and check the areas that you find in your life

SIN

- Sexual immorality
- Impurity
- Lewdness
- Idolatry
- Witchcraft, magic, occult (horoscopes, palm reading, astrology, drug use, etc)
- Hatred
- Argumentative
- Jealousy
- Rage
- Selfishness
- Strife
- Heresies
- Envy
- Drunkenness
- Orgies

SPIRIT

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

SCORING -

If you have 1 or more from the left column, welcome to the human race. You are sinful like the rest of us!

Ask God to help you replace the sinful attributes with Spirit-filled attributes from the right column.

The Holy Spirit helps us overcome temptation.

Christians are not exempt from temptation. **The Bible identifies 3 main sources of temptation:**

1. (James 1:13-14) - _____
2. (1 John 2:15-16) - _____
3. (James 4:7) - _____

Can I overcome temptation alone?

(Jer. 17:9-10 & Matt. 15:19) _____! Temptation is stronger than my personal will or desire. There is _____ inside of my natural self that can fully defeat temptation.

How does this verse say we can overcome temptation? Read 1 Corinthians 10:13. *Know that when you are tempted, you are not alone. God provides a way of escape as you trust him.*

Discuss - **What did Jesus use to defeat Satan's temptation?** Read Matthew 4:1-4

All our efforts to resist temptation will be weak and ineffective unless they are powered by the Holy Spirit through constant reading, studying, meditating on, and trusting in the Word of God. Replacing the temptation with something more beautiful (namely, Jesus) is the only way to fully defeat temptation.

A Simple Way for Battling Temptation: "A.P.T.A.T." - John Piper

- **Admit** you can do nothing without God (John 15:5).
- **Pray** for help (Psalm 50:15).
- **Trust** a specific promise (2 Chronicles 20:20).
- **Act** (Philippians 2:12-13 - If you trust God, you will act on his promises and do what he asks you to do).
- **Thank** God for his provision and goodness (Psalm 106:1).

Personal Application

1. What temptations are difficult for me to overcome?
2. What attitudes/behaviors must I give up to become more Spirit-filled?
- Complete this list: "Feelings, attitudes, and actions that I struggle with..."
3. How do I overcome these temptations? A.P.T.A.T. & (Matt. 5:29)

Be aware of these personal areas of temptation. When you face them, immediately ask for God's Spirit to help you!

NEXT STEPS:

1. **Find another Jesus follower who will be willing to hold you accountable.**
Ask them to challenge you when they see sin in your life and also encourage you when they see the fruit of the Spirit (love, joy, peace, etc) in your life.
2. **As you pray and study the Bible, ask God to make you aware of the power and presence of the Holy Spirit within you.**

GROW 6 - God Living Through Us

Why should I attend church?

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Who did you share your faith with last week?

Just as God created us for a relationship with Him, He also created us for relationships with each other. In fact, he designed three fundamental human institutions with relationships:

- He instituted **marriage** between one man and one woman so we could have an intimate relationship with another person.
- He instituted **government** to uphold a society of orderly relationships with others.
- He instituted the **Church** as a way for us to have relationships with other Jesus followers within a faith community.

CHURCH

• Why is going to church regularly important?

- (Heb. 10:24-25) God _____ it
- Gathering allows other Christians to _____ me as much as I _____ them!

• Should I accept all teaching at church at face value?

- (Acts 17:11; 2 Tim. 2:15) _____
- Sermons and teachings are given so we can see the beauty of Jesus. Learning the Bible from a teacher helps us know what pleases God and how we should live.

You'll get the most out of this study when you put what you're learning into practice. Use these tips to start taking steps of obedience:

• **Next time you're at a worship gathering, try this:**

1. Take _____ of the teaching/message (in Princetown App, Bible, journal, etc)
2. Go home and _____ the teaching with Scripture
3. Decide if the teaching _____ Scripture.
 - If _____, then ask God to help me obey.
 - If _____, talk with the teacher and ask for an explanation!

COMMUNICATION

- **What should be the goal of our communication?** (Read 2 Cor. 5:9; Eph. 4:29)

- Discuss - **Does your communication aim to please God and build up others? How does it do this or not do this?**

- **Why is it wrong to talk about people behind their backs (gossip)?** (Read Proverbs 11:13, 26:20; Matthew 7:12)

• **How do I lovingly confront someone who sins against me?**

1. (Read Matthew 7:3-5) **Evaluate** _____ **First**

A. Why would seeing your own faults help you with a confrontation?

B. According to this passage, what is the goal of the confrontation?

2. (Read Matthew 18:15) - **Go** _____ - _____ - _____ **and explain the offense**

- If the person listens, your relationship can be restored!
- If the person rejects, proceed to step 3

Tip: When sharing the offense with the other person, offer some *OBSERVATIONS* of actions that you've seen. Then offer an *INTERPRETATION* of what you think you are seeing. Then ask them for *CLARIFICATION* (ask: "How does this look from your perspective?").

3. (Read Matthew 18:16) **Bring** _____ **or** _____ **others to the person and explain the offense.**

- If a person listens, your relationship can be restored!
- If a person rejects, proceed to step 4

Tip: Bring others to see if what you are saying is true, not to "get your back."

4. (Read Matthew 18:17) **Take the matter to church** _____
(elders/pastors/group leaders)

- If the person listens, your relationship can be restored!
- If the person rejects, lovingly reach out to an elder for the next steps.

GROW 7 - Growing as a Jesus Follower

How does God expect me to use my time, talents & treasure?

1. How did reading your Bible and Praying go last week? What questions do you have? What did God reveal to you about Himself or your life?
2. What Challenges did you face in your walk with God?
3. Last week, who did you encourage and share your faith with?

SPIRITUAL HABITS

*The goal of the Christian life is not just to become a better you, but to become more and more like Jesus. To do that, we **DEPEND** on Christ's work in our lives and then **DISCIPLINE** ourselves to grow in His transforming work. Spiritual habits don't make us right with God; only Jesus can. Over time, as we trust Jesus with these habits, they begin to change us.*

We've already spent some time understanding prayer and Bible study. In this session, we'll look at a few other practices that can be developed into good spiritual habits.

FAITH

- (Read Hebrews 11:6) **What Pleases God?**
- (Read Hosea 6:6) **What is the difference between “do things to earn God's favor” and “doing things because you trust God?”**
- Have you struggled with this in the past? Why or why not?

FASTING

• What is fasting?

- Fasting is **giving up something** you hunger for, for a predetermined period of time. It could be food or something else.
- Fasting is a **voluntary discipline** left to the discretion of each believer.
- The **purpose of fasting** is to redirect our attention and time away from meal planning and preparation, allowing us to draw closer to God and focus on our relationship with him.

• Why fast?

- **Jesus did not command fasting, but he did expect his followers to fast: Matthew 6:16 “And _____ you fast...”**
- In times of severe stress, it is wise to humble yourself before God through prayer and fasting (Psalm 35:13; Ezra 8:21).
- Read Acts 13:2-3; 14:23 - Fasting will aid in _____ God’s will during such times.

• When should we fast?

- Mourning the death of a loved one
- Facing a major health issue
- Battling a troubling sin
- Dealing with a difficult family relationship
- Facing a major life decision
- Seeking to draw closer to God, etc.

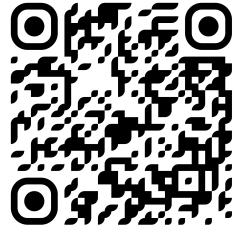
• How should we fast?

- The only specific instructions Jesus gave concerning fasting are 1.) We should not show off our spirituality or 2.) boast about our fasting (Reference Matthew 6:1, 18).
- We also know from Scripture that fasting is always done in conjunction with prayer. (Reference Daniel 9:3; Luke 2:37; Joel 1:14; Ezra 8:23; Acts 13:3)

- Fasting can be done _____ or with others (Acts 13:2-3).

Tips: For more information or ideas about fasting, check out the Princetown Church sermon “Knowing You: 21 Days of Prayer and Fasting.”

Fasting Sermon



- **DISCUSSION: Fasting doesn't have to be limited to food. What other things are there that we can or should “fast” from?**

STEWARDSHIP

- **What is stewardship?**

- Managing the _____ God provides... utilizing them for His glory!
- Do you own anything? (Read John 3:27 and 1 Tim. 6:17-19)

- **Stewardship of our TIME**

- Does God require me to be time-conscious? Why? (Read Ps. 90:12)
- Why should I live every day for God's Glory, like it's my last? (Read Eph. 5:15-17 and James 4:13-15)

- **Stewardship of our TALENT**

- Why did God give me certain skills & abilities? (Read 1 Cor. 12:4-11)
- How am I serving God now in a way that uses a special skill or ability (at home, church, organization, or community)?

Continue to go through the Growth Process because, in 301, we will explore how God has gifted you and discover how you can use them for His glory!

- **Stewardship of our TREASURE**

- Does God want me to work, earn, provide for my family, and save money? (Read Prov. 6:6-11; 14:24; and 1 Tim. 5:8)
- Why is it wrong to love money? (Read Prov. 23:4-5; Eccl. 5:10; Heb. 13:5)
- Why can't God honor compromise with money? (Read Luke 16:10-13)
- Who is the example of how we should give? (Read 2 Cor. 8:9)
- What does God teach about giving to the church and its mission? Why is this fun? (Read Acts 20:35, Proverbs 3:9-10 and 2 Cor. 9:6-11)

- 2 Cor. 8-9 teaches us that we give *voluntarily, cheerfully, proportionally, and sacrificially*. Should my giving be a percentage of my income? How much should I give? (Read 1 Corinthians 16:1-2)

Generosity Sermon

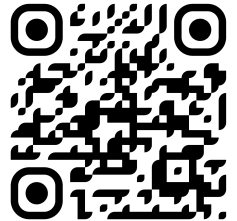


Maybe you struggle with giving. Maybe you struggle with churches talking about money. If you'd like to learn more about generosity, why the church talks about our finances, and how you can honor God with your treasure, go to the QR code to listen to the sermon on Generosity.

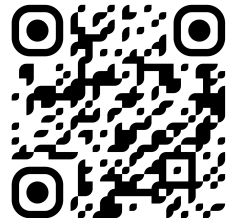
NEXT STEPS

1. **Research about other spiritual disciplines, such as solitude, meditation, service, etc.** Some good online resources include desiringgod.org, biblegateway.com, and blueletterbible.org. As you learn ways to grow spiritually, commit to practicing these principles regularly. Remember, the Holy Spirit is working in us to accomplish life change.
2. **Please take advantage of your free access to RightNow Media**, a database for thousands of Bible studies and inspirational videos. Ask for login access at princetownchurch.com/rightnow-media
3. **Consider obeying the Biblical command to be baptized.** We love to celebrate baptisms! It's your opportunity to show what Christ has done for you. For more information about the process, please visit princetownchurch.com/baptism. Once you complete the online form, someone will contact you to make the necessary arrangements.
4. Let us know that you have completed **101 – Grow**. Please complete the checklist on the last page. Then, arrange the next step in our Equip: Growth Process—201: Sharie. We are so excited to see you grow in your relationship with God!

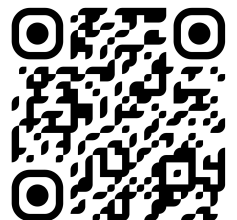
DESIRING GOD



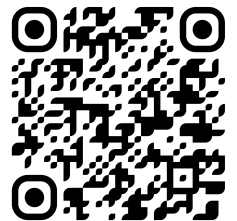
Bible Gateway



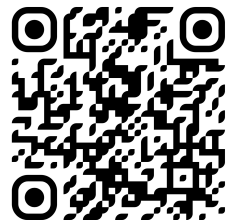
Blue Letter Bible



RightNow Media



Baptism



ANSWER KEY

LIFE CHANGE 1 - God's Good News to Us

- Genesis 1:1 "In the beginning, **God** created the heavens and the earth.
- Genesis 1:31 "God saw everything that he had made, and behold, it was very **good**."
- Romans 3:23 "**All** have sinned and come short of the glory of God."
- Romans 5:12 "Therefore, just as **sin** came into the world through one man (Adam), and **death** through **sin**, so **death** spread to all men because all **sinned**."
- Romans 5:18 "Therefore, as one **trespass** led to condemnation for all men, so one act of **righteousness** leads to justification and life for all men."

My life **Before** Jesus (my background)

How I **Met** Jesus (my encounter)

My life **with** Jesus (my experience)

3. **What is baptism?** - Baptism is a one-time act that serves as a **SYMBOL** of what Jesus did for you. Colossians 2:12 says: "having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead." Baptism symbolizes God's faithfulness and promise of life to us. Baptism does not save you or make you right with God. Faith in Christ saves us; baptism is an outward sign and seal of that inward reality.

4. **Why should I get baptized?**

1. Jesus set an **EXAMPLE** for me by being.
2. Jesus **COMMANDS** his followers to **BAPTIZE** others.

Jesus **COMMANDS** baptism. Matt. 28:19 "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Baptism also **PROCLAIMS** to the world what Christ did for you. Jesus said, "Whoever acknowledges me before men, I will acknowledge him before my Father in heaven" (Matt. 10:32). Baptism is an opportunity to proclaim 3 things: 1. The gospel to the world (that Jesus died and rose again for you), 2. That Jesus is the Lord of your life, and 3. That you intend to follow Jesus in your new life. Since Baptism proclaims what Christ has done for you, it is a requirement for church membership. Baptism proclaims to others in the church that you are with Jesus and Jesus is with you.

5. **How should I be baptized?** *Our church typically baptizes people into the water (baptize generally means “to immerse or submerge”). We love the symbolism of this method: Going down into the water symbolizes our death to sin, and coming up symbolizes our resurrection to new life in Christ! We allow pouring but prefer immersion.*

6. **When should I be baptized?**

- *In our church, we believe every Christian should obey Jesus’ command and be baptized. Different Christians believe in Infant Baptism or Baptism after you have trusted Jesus. In our church, in an effort to be gracious with each other, we allow for different views on the timing (whether as an infant of believing parents or after you’ve trusted Christ) and the how (immersion or pouring) of baptism.*
- *We typically encourage new Christians to be baptized. Acts 2:38 shows this pattern. The passage says, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of sins. . .” In this passage, Baptism comes after repentance. To promote unity, we will let parents who have trusted Christ, are members of the church, and who believe infant baptism is biblical to baptize their infant child. Those who agree with infant baptism believe it pictures God’s faithfulness to the child and that the child is blessed by being part of the church community. Infant Baptism does not save the child, but it symbolizes our hope that one day, the child will trust Christ for themselves.*
- *If you have questions about baptism, please contact pastor Ian ianb@princetownchurch.*

LIFE CHANGE 2 - Communicating With God

- Who can pray? **Anyone**
- Go to God in Jesus’ name. He is the **ONLY** way to the **FATHER**.
- Go with a clean **Heart**
- Have a **Forgiving** spirit
- **Believe** God will answer
- To **Glorify** God
- Because God **Commands** it
- To **Communicate** with God and have a relationship with Him
- Because **Jesus** prayed and He is our **Example**
- We pray to God, the **Father**
- Pray **Continuously** throughout the day
- Set apart a daily time as **Jesus** did

What can HINDER my prayers?

- Not **Asking** (James 4:2)
- Wrong **Motives** (James 4:3; Matt. 6:5-6)
- **Ignoring** the needs of others (Prov. 21:13)
- **Unforgiveness** (Matt. 6:12-15)
- **Unconfessed** sin (Ps. 66:18; Prov. 28:13; Isa. 59:1-2)
- **Redundant** prayers (Matt. 6:7-8)

What can we INCLUDE in our prayers?

Adoration Confession Thanksgiving Supplication

For Further Study - 8 ways to pray - Bowing, Kneeling, Lying Prostrate, Lifted hands, Lifted Eyes, Silence, Lifted Voices, Crying Out

LIFE CHANGE 3 - God Communicating With Us (Part 1)

Bible: **66** books by **40** authors written over **1500** years **39** Old Testament books, **27** New Testament books

- Truth
- God-breathed
- Equipped

LIFE CHANGE 4 - God Communicating With Us (Part 2)

- **What is the context of the passage?** Jesus died on the cross to pay the price for our sins. He has risen from the grave, conquering sin and death, and is now appearing to His disciples so they know he is truly alive!
- **What is John's purpose statement for his book?** (John 20:30-31) John did not record every sign and miracle Jesus did, but shared certain ones for a purpose, to show that Jesus is truly God and that he is the promised rescuer from God, or the Christ (God promised to send a rescuer to His people and the world to save them from their sins - Isaiah 53). John shared these details so we can believe in Jesus as the promised rescuer. If we believe in His name and what he did for us on the cross and through the resurrection, we receive eternal life with God, starting now and lasting forever.
- **What is the meaning of the passage in context?** Thomas doubted Jesus' resurrection. He wanted physical proof. Jesus shows up to give him physical proof, and John records it so we know Jesus really did rise again. Thomas comes to the correct conclusion: Jesus is "my lord (or the one I follow completely) and my God!" Jesus proclaims a blessing of eternal life on all those who believe the evidence of his resurrection, even though they aren't afforded the opportunity to physically see him, as Thomas did. Anyone who believes the

good news of Jesus is saved from the penalty of their sin and given life with God that lasts forever. There is an implication here that God can handle our doubts. In love, God allows us to bring our doubts to him. In response, we examine the evidence of what Jesus did, and doubt our doubts by trusting him.

LIFE CHANGE 5 - God Living In Us

- Who did Peter believe the Holy Spirit was? **GOD**
- Jesus states that we are baptized in the singular name of the **Father, Son, & Holy Spirit**. There is one God in three equal persons.
- What did Jesus call the Spirit? **Helper**
- What does the Holy Spirit do? He convicts us concerning **Sin, Righteousness, and Judgment**.
- Being “filled with the Spirit” is contrasted with being drunk. Thus, “filled” actually means to be **controlled** by the Spirit.
- This means I must **confess** my wrong feelings, attitudes, and actions to the Holy Spirit, moment by moment! This requires a mental choice to **rely** on God rather than on myself in every situation.
- What are the three sources of temptation?
 - (James 1:13-14) **Myself**
 - (1 John 2:15-16) **The World**
 - (James 4:7) **Satan**
- Can I overcome temptation alone?
 - (Jer. 17:9-10 & Matt. 15:19) **NO!** Temptation is stronger than my personal will or desire. There is **nothing** inside of my natural self that can fully defeat temptation.

LIFE CHANGE 6 - God Living Through Us

CHURCH

- Why is going to church regularly important?
 - God **Commands** it.
 - Gathering allows other Christians to **Encourage** me as much as I **Encourage** them!
- Should I accept all teaching at church at face value?
 - (Acts 17:11; 2 Tim. 2:15) **NO**
- Next time you're at a worship gathering, try this:
 1. Take **Notes** of the teaching/message (in Princetown App, Bible, journal, etc)
 2. Go home and **Compare** the teaching with Scripture
 3. Decide if the teaching **Matches** Scripture.
 - If **YES**, then ask God to help me obey.
 - If **NO**, talk with the teacher and ask for an explanation!

COMMUNICATION

1. Evaluate **Yourself** First
2. Go **ONE** - **ON** - **ONE** and explain the offense
3. Bring **ONE** or **TWO** others to the person and explain the offense
4. Take the matter to church **LEADERSHIP** (elders/pastors/group leaders)

COMMUNION

- **What is the purpose of communion?** *To remember Jesus and his sacrifice, the cracker and wine do not transform into the body of Jesus. Those elements remind us of what Jesus has done. Communion serves as a bonding time and a pledge of believers in Christ to remember and celebrate together what Christ has done.*
- **What is Communion?** *Christ instituted communion on the night before he went to the cross. It's a time when Christians remember His sacrifice by taking the bread (representing His body) and the new relationship He has with us (represented by His blood, which pays for our sins). While the bread and wine do not physically transform into the body and blood of Jesus, He is spiritually present with us. Through faith, we celebrate Christ's once-for-all-time sacrifice for our sins, which makes us right with God.*

- **Who can take communion?** *Believers in Jesus - Normally it is a person who has been baptized and confessed their faith in Jesus publicly (this is to signify that they are part of the Church and have identified with Jesus)*
 - **When do we take communion?** 1 Cor. 11:26 - *Communion is meant to be taken in the community of believers. It is not meant to be taken alone. There is no prescribed amount of time that communion must be done. Our church typically practices it once a month.*
 - **Why is it important to examine ourselves before taking communion?** 1 Cor. 11:27-34 - *In the context of 1 Cor. 11, the Christians were not waiting for each other to take communion. They were sinning against each other, not making it right, and then taking communion, bringing about dire consequences. The goal is to confess our sin to God and others and then take communion (which reminds us that we have already been forgiven).*
-

LIFE CHANGE 7 - Growing as a Jesus follower

Fasting

- Jesus did not command fasting, but he did expect his followers to fast: Matthew 6:16 “And **WHEN** you fast...”
- Fasting will aid in **Understanding** God’s will during such times.
- Fasting can be done **TOGETHER** or with others (Acts 12:2-3).

Stewardship

- Managing the **resources** God provides... utilizing them for His glory!

101 Completion Checklist

Topic	Learner's Initials	Leader's Initials	Date
The Gospel	_____	_____	_____
Prayer	_____	_____	_____
Bible Knowledge	_____	_____	_____
Bible Study Study	_____	_____	_____
The Holy Spirit	_____	_____	_____
Relationships	_____	_____	_____
Spiritual Growth	_____	_____	_____

Dear Leader:

Thank you for investing your time into helping make more and better Jesus followers! Please take a picture of the 101 graduate(s) with their 101 booklet and send it to ianb@princetownchurch.com

Dear Learner:

Congratulations on completing 101—Life Change! Please let us know about the impact this study had on your life by sending a brief email to ianb@princetownchurch.com. It is our prayer that you have and will continue to experience life change through Jesus.