

spiritual adult

# DISCIPLE ME

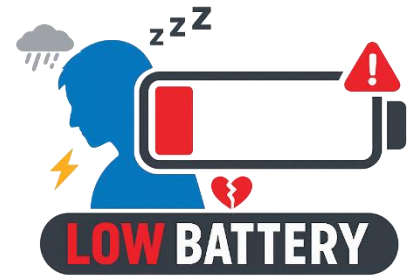
## TRACK 2: DEVELOPING OTHERS

## BUILDING OTHERS UP

### ICEBREAKER: LOW BATTERY INDICATOR

“Everybody has low-battery indicators - those subtle (or not so subtle) signs that you’re running on empty.

- What are yours? How do you know when your emotional, physical, or spiritual battery is getting low? Do you get quieter? More irritable? Less motivated? Start isolating? What usually shows up first?”



### STUDY: BEYOND YOUR BATTERY

If you can recognize when you’re running on empty, it means you’re growing in awareness. And awareness is a mark of maturity. Spiritual Infants often don’t notice their patterns. They just react. But as we grow, we begin to recognize our triggers, our limits, our tendencies to isolate, withdraw, or become irritable.

But here’s the shift toward Spiritual Adulthood: Spiritual maturity isn’t just about knowing when *you* are depleted. It’s about learning to recognize when *others* are. **1 Thessalonians 5:11** says, “*Encourage one another and build each other up.*” You can’t build someone up if you’re not paying attention.

Spiritual Adults have experienced growth themselves - they know what it feels like to struggle, to need encouragement, to be strengthened. And instead of staying focused on their own battery level, they begin to notice who else might be running low. That’s the movement from being influenced to becoming an influence. Not just managing your own spiritual health - but intentionally strengthening someone else’s. Today, we’re going to talk about what it looks like to become someone who builds others up - not occasionally, but consistently - as a defining mark of spiritual adulthood.

### READ Hebrews 10:24-25

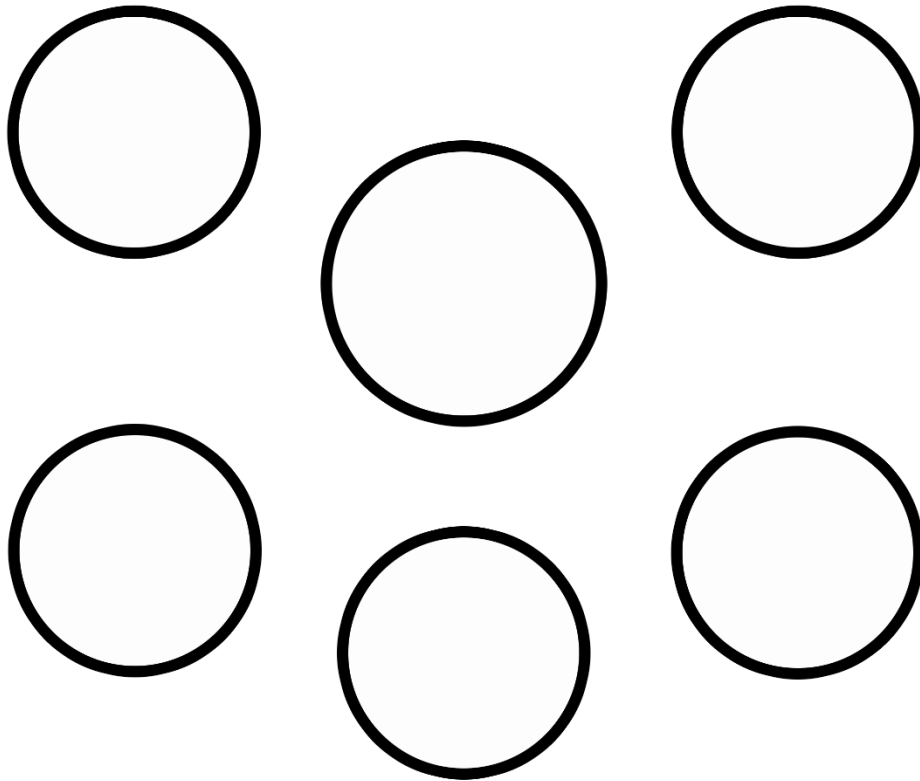
- The verse says, “let us consider...” What does that word imply about how encouragement happens?
- What does it mean to “spur” someone on? Why is that stronger than just “support”?
- Why do you think encouragement is connected to meeting together?
- How often does the passage suggest encouragement should happen?

## READ Philippians 2:3-4

- When was the last time you intentionally built someone up?
- Who in your life needs strengthening right now?
- Do your words create safety and strength - or insecurity?

## ACTIVITY: CIRCLES OF IMPACT

Take a moment to create a simple influence map. Use the circle in the center of the page and write your name inside it. In the other circles, write the names of five people you regularly interact with - friends, teammates, coworkers, family members, or classmates. Then write down two specific ways you could intentionally build them up this week - through encouragement, prayer, affirmation, support, or a practical act of care. The goal isn't just awareness, but action.



## CHALLENGE: LOW BATTERY RADAR

This week, practice having a "low battery radar." Pay attention to the people around you - at school, at work, at church, at home - and look for someone who seems discouraged, withdrawn, or overwhelmed. Instead of waiting for them to ask for help, choose to move toward them. Ask one intentional question that goes beyond small talk, and offer one practical form of support, whether that's encouragement, prayer, or a tangible act of help. Spiritual Adults don't just monitor their own battery level - they learn to notice when someone else is running low and step in to build them up and strengthen them.