# GROWTH TRACKS

**HEART FOR THE HOUSE. SPIRITUAL HEALTH**
**DISCOVERING YOU. GET INVOLVED**

# INTRODUCTION

The Connect Church Growth Track focuses on helping you mature as a fully-devoted follower of Jesus Christ. From the initial decision to find out more about Connect Church, to fulfilling a leadership role on our team, we will provide you with a clear path to living with purpose.

The Growth Tracks consist of the four specifically designed classes listed below, and we encourage you to attend all of them. Ultimately, our goal is to help you connect with people so that your life can touch the lives of others as you fulfill your prophetic destiny using your God-given talents and gifts.

# GROWTH TRACK CLASSES

## WEEK ONE - HEART FOR THE HOUSE

Get to know the history, vision, heart, values, beliefs and structure of Connect Church. Come to connect with others and have the opportunity to become a church member.

## WEEK TWO - SPIRTUAL HEALTH

Develop four essential spiritual disciplines that will take you deeper in your relationship with Christ.

## WEEK THREE - DISCOVERING YOU

Discover and understand how your personal and spiritual makeup reveals a path to God's purpose for your life.

## WEEK FOUR - GET INVOLVED

Hear about the different ministry opportunities at Connect Church, meet the leaders, and join a team!

# GROWTH TRACK

CONNECT CHURCH UNIVERSITY
EST 2015

## WEEK TWO
## SPIRITUAL HEALTH

# INTRODUCTION

Growth Track, Week Two, Spiritual Health, will share four essential disciplines every follower of Jesus should practice. We believe that as you implement these spiritual principles into your lifestyle, you will deepen your relationship with Christ as you develop into a spirtually mature believer.

*"So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strenghtened in the faith as you were taught, and overflowing with thankfulness" -Colossians 2:6-7 (NIV)*

# GOAL OF THIS TRACK | UNDERSTANDING BIBLICAL CHRISTIANITY

*"And for an entire year they met with the Church and taught considerable numbers; and the disciples were first called Christians in Antioch." Acts 11:26 (NASB)*

Before followers of Jesus were called "Christians," they were known as disciples. As disciples, we develop a deep relationship with Christ through these four essential spiritual disciplines:

## 1. BIBLE STUDY AND PRAYER

*"They devoted themselves to the apostles' teaching ... and to prayer." Acts 2:42 (NIV)*

## 2. FELLOWSHIP WITH OTHER BELIEVERS (CCP GROUPS)

*"They were continually and faithfully devoting themselves...to fellowship (and) to eating meals together." Acts 2:42 (AMP)*

## 3. LIVING A SPIRIT-LED LIFE

*"A deep sense of awe came over them all, and the apostles performed many signs and wonders." Acts 2:43 (NLT)*

## 4. GENEROSITY

*"They sold property and possessions to give to anyone who had need." Acts 2:45 (NIV)*

# DISCIPLINE ONE: BIBLE STUDY & PRAYER

*"The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. It is God's way of making us well prepared at every point, fully equipped to do good to everyone." 2 Timothy 3:16-17 (LB)*

## A VIBRANT RELATIONSHIP WITH GOD IS SUSTAINED THROUGH BIBLE STUDY AND PRAYER.

## HOW DO I GET MORE FROM MY STUDY?

### 1. I MUST ACCEPT IT'S AUTHORITY.

We believe that the Bible, and only the Bible, is the authoritative Word of God. It alone is the final authority in determining all doctrinal truths. In its original writing, it is inspired, infallible and inerrant.

#### a. Receive God's Word with an open heart.

*"...and we also thank God continuously because when you received the word of God, which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God...." 1 Thessalonians 2:13 (NIV)*

#### b. Respond to God's Word with obedience.

*"Do not merely listen to the word, and so deceive yourselves. Do what it says." James 1:22 (NIV)*

### 2. I MUST ABSORB IT'S TRUTH.

#### a. Hearing God's Word

*"So then faith comes by hearing...the word of God." Romans 10:17 (NKJV)*

#### b. Reading God's Word

*"Happy is the one who reads this book ... and obeys what is written inthis book!" Revelation 1:3 (GNT)*

#### c. Studying God's Word

*"They studied the Scriptures every day to make sure that what they heard was really true." Acts 17:11 (ERV)*

### d. Memorizing God's Word

*"Your word I have hidden in my heart, that I might not sin against You." Psalm 119:11 (NKJV)*

### e. Meditating on God's Word

*"Keep this Book of the Law always on your lips; meditate on it day and night...Then you will be prosperous and successful." Joshua 1:8 (NIV)NT)*

## 3. I MUST APPLY IT'S 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)*

## PRAYER - TALKING WITH GOD

*"Don't worry about anything; instead, pray about everything." Philippians 4:6 (NLT)*

Jesus exemplified a personal relationship with God through prayer that gave Him great strength. Every person who has ever been effective in service for God has developed this habit. The only way to be a healthy Christian is to spend time with God daily through prayer.

## 1. IN MY DAILY PRAYER TIME, I AM:

### a. GIVING devotion to God.

*"(Hezekiah) was successful, because everything he did ... he did in a spirit of complete loyalty and devotion to his God." 2 Chronicles 31:21 (GNB)*

### b. GETTING direction from God.

*"Show me the right path, O Lord; point out the road for me to follow. Lead me..." Psalm 25:4-5 (NLT)*

### c. GROWING in my relationship with God.

*"You must depend on Christ only, drawing life and strength from Him. Just as you were taught the truth, continue to grow stronger in understanding of it and never stop giving thanks to God." Colossians 2:7 (ERV)*

# DISCIPLINE ONE: BIBLE STUDY & PRAYER

## 1. USE THE MODEL JESUS GAVE US.

*"One day Jesus was praying in a certain place. When He finished, one of his disciples said to Him, 'Lord, teach us to pray.'" Luke 11:1 (NIV)*

*Jesus said: "In this manner, therefore, pray: "Our Father in heaven, hallowed be Your Name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for Yours is the kingdom and the power and the glory forever." Matthew 6:9-13 (NKJV)*

### a. Connect with God relationally.

*"Our father in heaven."*

### b. Run to his name.

*"Hallowed be Your Name."*

### c. Pray HIS AGENDA first.

*"Your kingdom come, Your will be done, on earth as it is in heaven."*

### d. Depend on him for everything.

*"Give us today our daily bread."*

### e. Keep your HEART RIGHT with God and people.

*"Forgive us our debts, as we also have forgiven our debtors."*

### f. Take your stand against the enemy.

*"And lead us not into temptation, but deliver us from the evil one."*

### d. Have faith in God's ability

*"For Yours is the kingdom and the power and the glory forever."*

# DISCIPLINE TWO: FELLOWSHIP WITH OTHER BELIEVERS

*"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another." Hebrews 10:25 (GNB)*

God never intended for us to go through life alone. Throughout the Bible, we see the importance of being in community. In fact, authentic life change happens in the context of relationships.

At Connect  Church, we believe our Church must grow LARGER and SMALLER at the same time.

*"They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved." Acts 2:46-47 (NIV)*

*"(They met) day after day, in the temple courts and from house to house." Acts 5:42 (NIV)*

*"You know that I have not hesitated to preach anything that would be helpful to you but have taught you publicly and from house to house." Acts 20:20 (NIV)*

## HOW CAN OUR CHURCH GROW LARGER YET MAINTAIN CLOSE RELATIONSHIPS?

Every member needs to be a part of a **CONNECT CHURCH GROUP.**

*You can join a group or request information from a group leader in our Connect Church Global app. Search "Connect Church Global" in the Apple and Android stor*e.

## WHY ARE CONNECT CHURCH GROUPS IMPORTANT?

Connect Church Groups provide opportunities for:

1. **BIBLE STUDY**

   I need people to strengthen and balance the Word of God in my life.

2. **FELLOWSHIP**

   I need people who really know me.

3. **PRAYER**

   I need people to pray for me personally.

# DISCIPLINE TWO: FELLOWSHIP WITH OTHER BELIEVERS

## 4. SUPPORT

I need people who will support me.

## 5. OUTREACH

I need people with whom I can share my story.

*"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples." John 13:34-35 (NLT)*

## NOTES:

# DISCIPLINE THREE: LIVING A SPIRIT-LED LIFE

*"May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all." 2 Corinthians 13:14 (NLT)*

Having close relationships with other people is only part of God's plan for our lives. He desires to be our most intimate friend.

## WHO IS THE HOLY SPIRIT?

*Spirit: (Strong's H7307) Ruwach – a wind, breath, blast of breath.*

*"The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters." Genesis 1:2*

*Spirit: (Strong's G4151) Pneuma – a current of air, blast of breath, a strong breeze.*

*"The Spirit gives life; the flesh counts for nothing. The words I have spoken to you –they are full of the Spirit and life." John 6:63 (NIV)*

### 1. THE HOLY SPIRIT IS A PEOPLE.

*"The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters." Genesis 1:2*

### 2. THE HOLY SPIRIT IS THE THIRD PERSON IN THE TRINITY.

*"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you." John 14:26 (NASB)*

*"For there are three that bear witness in heaven: The Father, the Word, and the Holy Spirit; and these three are one" 1 John 5:7 (NKJV)*

## THE HOLY SPIRIT'S ROLE IN OUR LIVES

*"Gathering them together, He commanded them not to leave Jerusalem, but to wait for what the Father had promised, "Which," He said, "you heard of from Me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now...you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth." Acts 1:4-5,8 (NASB)*

# DISCIPLINE THREE: LIVING A SPIRIT-LED LIFE

## 1. THE HOLY SPIRIT ENABLES US TO KNOW GOD'S:

### COMFORT__.
*"And I will pray to the Father, and He shall give you another Comforter, that He may abide with you forever." John 14:16 (KJV)*

### CONVICTION
__*"But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you. And He, when He comes, will convict the world concerning sin and righteousness and judgment." John 16:7-8 (NASB)*

## 2. THE HOLY SPIRIT EMPOWERS US TO LIVE WITH CHRIST-LIKE:

### CHARACTER__
*"For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image." 2 Corinthians 3:17-18 (NLT)*

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23 (NASB)*

### POWER
__*"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Acts 1:8 (NKJV)*

## 3. THE HOLY SPIRIT EQUIPS US WITH:

### SPIRITUAL GIFTS__
*"There are different kinds of gifts, but the same Spirit... Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and He gives them to each one, just as He determines." 1 Corinthians 12:4,7-11 (NIV)*

### SPIRITUAL DIRECTION__
*"In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams... Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. I will show wonders in the heaven above and signs on the earth below... And everyone who calls on the name of the Lord will be saved." Acts 2:17-19,21(NIV)*

# DISCIPLINE THREE: LIVING A SPIRIT-LED LIFE

## HOW DO I LIVE A SPIRIT-LED LIFE?

### 1. REMOVE ALL BARRIERS.

*" Peter replied, Repent and be baptized, every one of you, in the Name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit." Acts 2:38 (NIV)*

### 2. ASK FOR THE GIFT OF THE HOLY SPIRIT.

*"Now suppose one of your fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he? Or if he is asked for an egg, he will not give him a scorpion, will he? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?" Luke 11:11-13 (NASB)*

### 3. RECEIVE THE HOLY SPIRIT BY FAITH.

*"For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened." Luke 11:10 (NLT)*

### 4. RELATE TO THE HOLY SPIRIT DAILY.

*"The amazing grace of the Master, Jesus Christ, the extravagant love of God, the intimate friendship of the Holy Spirit, be with all of you." 2 Corinthians 13:14 (Message)*

### 5. RELEASE YOUR SPIRITUAL GIFTS WITH CONFIDENCE.

*"Since you are eager to have spiritual gifts, try to excel in gifts that build up the Church." 1 Corinthians 14:12 (NIV)*

# DISCIPLINE FOUR: GENEROSITY

*"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)*

The Gospel is the ultimate demonstration of God's generous nature towards mankind. The Bible consistently teaches that God blesses us so that we may bless others.

## AREAS OF GIVING

### 1. GIVE OF OUR TIME.

*"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil." Ephesians 5:15-16 (NASB)*

### 2. GIVE OF OUR TREASURE.

*"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven..." Matthew 6:19-20 (NASB)*

*"If your gift is... giving, give generously." Romans 12:8 NLT*

## BENEFITS OF GIVING

### 1. GIIVING DRAWS US CLOSER TO GOD.

*"Where your treasure is, there your heart will be also." Matthew 6:21(NIV)*

### 2. GIVING IS THE REMEDY TO MATERIALISM.

*"Command those who are rich in this present world not to be arrogant nor to put hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to be generous and willing to share. In this way they may take hold of the life that is truly life." 1 Timothy 6:17-19 (NIV)*

### 3. GIVING STRENGTHENS OUR FAITH

*"Bring the whole tithe (tenth) into the storehouse, so that there may be food in My house, and test Me now in this," says the Lord of hosts, "if I will not open for you the windows of heaven and pour out for you a blessing until it overflows." Malachi 3:10 (NASB)*

*"Give and it will be given to you... For with the same measure you use, it will be measured back to you." Luke 6:38 (NKJV)*

# DISCIPLINE FOUR: GENEROSITY

## 4. GIIVING IS AN INVESTMENT IN ETERNITY.

*"Give happily to those in need, and always be ready to share whatever God has given you. By doing this, you will be storing up real treasure for yourselves in heaven - it is the only safe investment for eternity!" 1 Timothy 6:18-19 (LB)*

## BIBLICAL GENEROSITY IS:

### 1. WILLING

*"For if the willingness is there, your gift is acceptable according to what one has, not according to what one doesn't have." 2 Corinthians 8:12 (NIV)*

*"Each one should give what he has decided in his heart to give, not reluctantly or under compulsion." 2 Corinthians 9:7a (NIV)*

### 2. CHEERFUL

*"...for God loves a cheerful giver!" 2 Corinthians 9:7b (NIV)*

### 3. SACRIFICIAL

*"...They gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service..." 2 Corinthians 8:3-4 (NIV)*

### 4. EXPECTANT

*"Remember this: Whoever sows sparingly will also reap sparingly; and whoever sows generously also will reap generously." 2 Corinthians 9:6 (NIV)*

*"They gave themselves first of all to the Lord." 2 Corinthians 8:5 (NIV)*