

Change Track 102 | Find Strength

Welcome! You're on track to experience life change for a lifetime.

God deeply desires that we get stronger. When we get stronger and better spiritually everything gets stronger and better. Therefore, an investment in your spiritual development is the most important investment you will ever make.

Getting stronger and better spiritually does not fix every problem or makes every other area of your life perfect, but what we are communicating is that our spiritual life is catalytic. This is a reality we must embrace because your spiritual life is important because it is the root and primary area of your life.

Without spiritual growth there are some blessings, promises, and opportunities we cannot experience.

Galatians 4:1 (NIV) What I am saying is that as long as an heir is underage, he is no different from a slave, although he owns the whole estate.

Galatians 4 is teaching us that, "if you can't grow, you can't go to the next level."

The Bible gives us the way in which we must grow.

Physical growth happens _____.

Spiritual growth requires _____.

The word the bible uses to describe Christians who have been saved a long time, but haven't grown is _____.

- Carnality is when you're governed by the fleshed.

Romans 8:6 (NKJV) **6** For to be carnally minded is death, but to be spiritually minded is life and peace. **7** Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. **8** So then, those who are in the flesh cannot please God.

Life and peace only comes with spiritual maturity, and the way that we grow is through something called **Spiritual**_____.

1 Timothy 4:7 (NKJV) But reject profane and old wives' fables, and **exercise yourself toward godliness.**

Spiritual Disciplines

1. _____ – Tony Evans once said that, “prayer is mental or oral communication with God the Father, offered in the name Jesus the Son, with the assistance of the Holy Spirit.
 - Prayer increases our intimacy with God
 - Prayer expresses our dependency on God
 - Prayer is an invitation for Divine involvement

4 Keys to praying effectively include:

- I. Pray _____. The purpose of prayer is to reach the ear of the Father, not to impress Him.
- II. Pray _____. The strength is not in the length of your prayers.
- III. Pray _____. Nothing grows or works properly without consistency.
- IV. Pray _____. **Luke 11:8 (NIV)** I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

The A.C.T.S. Prayer Model

Adoration – adore who God is to you.

Confession – confess your sins and how you feel.

Thanksgiving – thank God for your past, present, and future.

Supplication – ask God to supply whatever you need.

2. _____ – Worship means to express God's worth.

John 4:23-24 (NIV) 23 Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. **24** God is spirit, and his worshipers must worship in the Spirit and in truth.”

Psalms 47: 1 (NIV) Clap your hands, all you nations; shout to God with cries of joy.

Ways to worship God is very diverse that everyone doesn't have to do the same thing, but everyone should do something!

We worship God with our:

- I. _____ – Hebrews 10:24-25 (NIV) 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.
 - II. _____ – It is possible to be in a place physically, but our mind is in a different place. When we come before God, we must honor Him with our full attention.
 - III. _____ – The bible provides for us multiple ways to worship God which include but not limited to: Shouting; Clapping of hands; Lifting of hands; Silent reflections; Kneeling; Bowing; Standing; Dancing; Sing; Musical Instruments; etc. We won't all do the same thing, but we should all do something.
3. **The Study of** _____ – reading God's Word is important for receiving basic instructions before leaving earth. We believe the bible is operations manual for human species because it reveals where we came from, where we are, and where we're going.

The bible reveals God's plans and promises to His people and is filled with proven principles that lead us to our best life.

Joshua 1:8 (NIV) Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Just like natural food is important to the natural body, spiritual food is important to the spiritual body. God responds to the worshipper with His Presence. You must have more than a notebook filled with sermon notes, you need His Presence. Sometimes you don't just need teaching, but you need a touch.

The Presence of God heals, comforts, liberates, and refreshes. So we need His presence, but we must also apply His principles and principles are found in the word of God.

4 Ways to Develop Study Habits

- I. Locate one of our Resource Centers with daily devotionals at any of our campuses.
- II. Finding a good place to start reading the bible would be:
 - The Gospels (Matthew, Mark, Luke, and John)
 - Proverbs
 - Ecclesiastes
- III. Set a sustainable pace.
- IV. Stronger, Closer, Better by Dr. Dharius Daniels