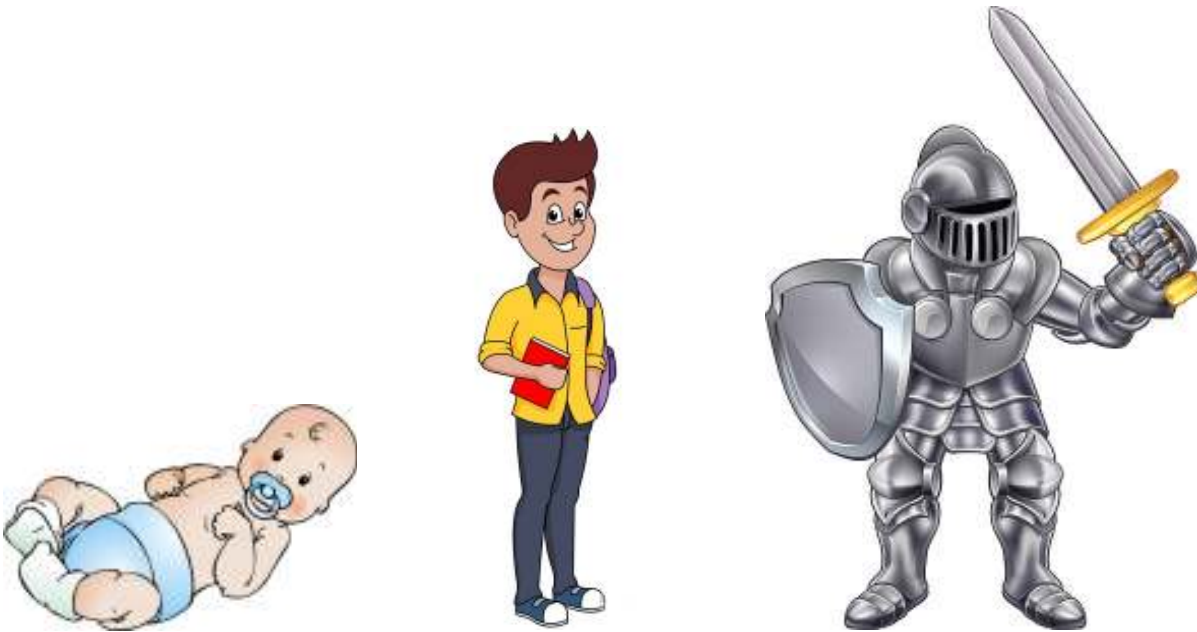


## **The NEXT 7 steps in spiritual growth:**

1. A New Spirit
  2. Gods will and His plans for me
  3. My family history and future
  4. Responsibility ahead
  5. anxiety, depression and quitting
  6. Impulsive behavior financially, sexually, emotionally, and spiritually
  7. Devotional life, church, prayer and Bible study
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1 Peter 2:2 - Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—

Hebrews 5:12 - In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

Eph 4:14 - Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching.

Heb 6:1 - Therefore let us leave the elementary doctrine of Christ and go on to maturity

1 Corinthians 13:11 - When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things.

## **1. A New Spirit –**

Gen 1:2 -Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

Gen 41:38 - Then Pharaoh said to his servants, "Can we find a man like this, in whom is a divine spirit?"

Job 32:8 - "But it is a spirit in man, And the breath of the Almighty gives them understanding

.Psalm 139:7 - Where can I go from Your Spirit? Or where can I flee from Your presence?

Isa 11:12 - The Spirit of the LORD will rest on Him, The spirit of wisdom and understanding, The spirit of counsel and strength, The spirit of knowledge and the fear of the LORD

Eek 36:27 -"I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances

John 14:26 "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 have said to you."

Acts 1:8 "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."

Romans 8:26-27 "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God."

Acts 2:38 "And Peter said to them, "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."Rom 8:14 - For those who are led by the Spirit of God are the children of God. Gal 5:18 - But if you are led by the Spirit, you are not under the law.John 3:8 - The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."

Zach 4:6 - So he said to me, "This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty.

**John 3:6** Flesh gives birth to flesh, but the Spirit gives birth to spirit.

7 You should not be surprised at my saying, 'You must be born again.'

8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

## **2. Gods will and His plan for me:**

1 Tim 2:3,4 This is good, and pleases God our Savior, <sup>4</sup> who wants all people to be saved and to come to a knowledge of the truth.

2 Peter 3:9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not willing that anyone would perish, but everyone to come to repentance.

1 Thess 5:18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

1 Thess 4:3 It is God’s will that you should be sanctified: that you should avoid sexual immorality;

Heb 13:20,21 Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, <sup>21</sup> equip you with everything good for doing his will, and may he work in us what is pleasing to him,

James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

1 Peter 2:15 For it is God’s will that by doing good you should silence the ignorant talk of foolish people.

Matt 6:10 your kingdom come, your will be done, on earth as it is in heaven.

Luke 22:42 - "Father, if you are willing, take this cup from me; yet not my will, but yours be done."

Micah 6:8 He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

Heb 10:36 You need to persevere so that when you have done the will of God, you will receive what he has promised.

### **3. My Family History and My Future –**

**Genogram** – a graphic representation of a family tree that displays detailed data on relationships among individuals. It goes beyond a traditional family tree by allowing the user to analyze hereditary patterns and psychological factors that punctuate relationships.

**Generational curse** – Process of gradual assimilation of ideas and beliefs. Influenced, predisposed, ingrained, cultured, groomed, spoken into another on a regular basis. Something attached to you by osmosis. Rubs off by regular contact or exposure.

- a. You will always be a loser, you come from a long line of losers!
- b. All his cousins are white trash!
- c. She is a tramp, and so is her mamma!
- d. Does heart trouble run in your family?
- e. Don't you have a history of ...drugs, smoking, poverty, obesity, criminal behavior, etc.

Exod 20: **5** You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me,

Exod 34: **7** maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.”

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Gal 3:13 - **13** Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.”

2 Cor 5: **17** Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Jer 29:11 –

Jer 31:29-30 - **29** “In those days people will no longer say, ‘The parents have eaten sour grapes, and the children’s teeth are set on edge.’ **30** Instead, everyone will die for their own sin; whoever eats sour grapes—their own teeth will be set on edge.

Rom 5:18 - **18** Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people.

**James 4:7** Submit yourselves therefore to God. Resist the devil, and he will flee from you.

**Luke 9:1** And he called the twelve together and gave them power and authority over all demons and to cure diseases,

Mal 3:11 - "And I will rebuke the devourer for your sakes, So that he will not destroy the fruit of your ground

Prov 31:28 -Her children arise and call her blessed; her husband also, and he praises her

- a. I will bless my family, I will speak LIFE over them!
- b. I will be self aware and conscious of past influence and habits
- c. I will rebuke the devil and resist his influence in me personally
- d. I will take authority over evil in my home, I will not be passive
- e. I will take responsibility for building new foundations

#### **4. Responsibilities ahead –**

Stewardship of time, talent, and treasure

A steward is one who manages another's property, finances or affairs.

1 Cor.4: [2] Now it is required that those who have been given a trust must prove faithful.

RO 14:12 So then, each of us will give an account of himself to God.

Rom. 12:11— Be ... not slothful in business; fervent in spirit; serving the Lord (KJV)

MT 25:23 "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!' ...to the one who had received the one talent came. "His master said, 'You wicked, lazy servant! 'Take the talent from him and give it to the one who has the ten talents. And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.'

We own nothing, but we are responsible for everything in our care : GE 39:2 The LORD was with Joseph and he prospered, and he lived in the house of his Egyptian master. [3] When his master saw that the LORD was with him and that the LORD gave him success in everything he did, [4] Joseph found favor in his eyes and became his attendant. Potiphar put him in charge of his household, and he entrusted to his care everything he owned.

## **5. Anxiety, depression and Quitting -**

PS 94:19 When anxiety was great within me, your consolation brought joy to my soul. PR  
12:25 An anxious heart weighs a man down, . . .

ECC 11:10 So then, banish anxiety from your heart . . .

Ecc.2: [22] What does a man get for all the toil and anxious striving with which he labors under the sun? [23] All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless.

MT 6:25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

LK 21:34 "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

LK 10:41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, [42] but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Phil.4[6] Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1PE 5: [7] Cast all your anxiety on him because he cares for you

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DEPRESSION – your NOT alone, but we can ALL bounce back!

JOB 7:16 I despise my life; I would not live forever. Let me alone; my days have no meaning.

Elijah 1KI 19:10 He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." Jonah

JONAH 4: [3] Now, O LORD, take away my life, for it is better for me to die than to live." . . .  
[8] When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. He wanted to die, and said, "It would be better for me to die than to live."

David PS 102:3-7 For my days vanish like smoke; my bones burn like glowing embers. My heart is blighted and withered like grass; I forget to eat my food. Because of my loud groaning I am reduced to skin and bones. I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof.

PS 42:5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and [6] my God.

Paul 2 Cor 1:8 We were under great pressure, far beyond our ability to endure, so that we despaired even of life.

### **Main Causes of Depression?**

1. Perceived Pressures of Responsibility
2. Disappointment from unrealistic expectations
3. Negative Thinking
4. Sin and Guilt not dealt with
5. Physical Factors (chemical imbalance)
6. Unresolved Anger
7. Self Pity
8. Prolonged Loneliness
9. Low Self Esteem

### **PROVEN STEPS TO VICTORY:**

1. Accept yourself as a creature of God.
2. Accept God's forgiveness for your sins
3. Admit to and get rid of longstanding unresolved Anger
4. Admit to and get rid of Self Pity
5. Visualize by faith your basic life goals and write them down

6. Anticipate the superabundant life God has in store for you
7. Seek first the kingdom of God and His righteousness
8. Give yourself to God to serve people / look for and recognize the needs of others
9. Give thanks in all circumstances

## **6. Impulsive behavior:**

financially, sexually, emotionally, and spiritually  
acting or doing without forethought or planning.

John 13:37 – why can I not follow you right now?

Luke 14: “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it? Or suppose a king is about to go to war against another king. Won’t he first sit down and consider whether he is able

Ecclesiastes 5:2 Do not be hasty in word or impulsive in thought to bring up a matter in the presence of God For God is in heaven and you are on the earth; therefore let your words be few.

Proverbs 14:29 He who is slow to anger has great understanding, But he who is quick-tempered exalts folly.

2 Timothy 3:6 for among them are those who enter into households and captivate weak women weighed down with sins, led on by various impulses,

Acts 19:36 "So, since these are undeniable facts, you ought to keep calm and to do nothing rash.

Luke 8:13 - "Those on the rocky soil are those who, when they hear, receive the word with joy; and these have no firm root; they believe for a while, and in time of temptation fall away

Prov 20: 25 An impulsive vow is a trap; later you'll wish you could get out of it.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.



## **7. Devotional life:**

church, prayer and Bible study

study to show yourself approved

forsake NOT the assembling of yourselves together

pray without ceasing

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HOW TO STUDY THE BIBLE PRIVATELY—

- 1.Observation— What is this passage about?
- 2.Interpretation— What does it mean?
3. Application— How do I apply it to my life?

Avenues of Study—Book Study, Theme Study, Character Study, Word Study PUBLICLY—

- 1.Preaching— take notes (topical or expository)
- 2.Teaching— discussion, ask questions, keep a journal
- 3.Training— take courses or tests

HELPS— Concordance, Dictionary, other translations

A STUDENT OF THE BIBLE

- 1.Must be born-again
- 2.Must depend on the Holy Spirit for revelation
- 3.Must have reverence for the Scripture
- 4.Must have a hunger
- 5.Must be willing to apply himself

INTERPRETATION OF SCRIPTURE (Hermeneutics)

1. Consider the Context—What else is said in this chapter and this book?
2. Consider the Culture—How does this apply to these people and their times or us and ours
3. Cross References—When does the scripture refer to this somewhere else (it never contradicts)
4. Spiritual Revelation—Why does God say this? “Rhema or Logos” WHO, WHAT, WHERE, WHEN, WHY????