

# **Journey 101:**

## Essentials for Spiritual Growth



The Bible Chapel





Journey 101:  
Essentials for Spiritual Growth.

Written by:  
Dr. Ronald D. Moore with Katrina Baker

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300 Gallery Drive  
McMurray, PA 15317  
724-941-8990  
[www.biblechapel.org](http://www.biblechapel.org)

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## **Letter From the Pastor**

Dear Journey 101 Participant,

It is my privilege to welcome you as you embark on this new phase of your spiritual journey. God is clearly at work in your life. Through your own unique paths, God has brought you to this point in your journey. He also desires for you to continue to make progress in this journey. We are so grateful to share this significant time with you. It is our prayer that God will continue to guide you, and that he will give you a special sense of his presence as you courageously take your next steps in following him!

God Bless,

Ron Moore

# How to Use This Book

The Essentials for Growth *Study Guide* is intended for believers who are looking for practical steps as they begin their spiritual journey. This guide focuses on five key practices that are critical components of a healthy spiritual walk. At The Bible Chapel, we call these key practices the *5 Essentials*. They are: Word, Worship, Connect, Serve, and Share.

Each chapter of the guide will help you gain a better understanding of each practice, provide an opportunity for you to take a tangible step toward incorporating it into your life, and offer helpful ways to keep it at the forefront of your mind. Each chapter is divided into several sections, as follows:

## Getting Your Bearings

This section is the foundation for all the others. It will guide you through key Bible passages that explain or expand on each practice.\*

## Planning Your Route

In this section, you will be provided with an opportunity to take practical steps toward growing in each practice.

## Taking It With You

Here, we offer a memory verse that represents each practice. We suggest that you set aside some time each week to memorize the verse and to review ones that you have already memorized. Committing these verses to memory will help you internalize the concepts you are learning, and make them part of your everyday life.

## Milestone for the Journey

Finally, this section presents a thought that sums up each practice. These thoughts are short and easy to remember, and will help keep the practices fresh in your mind.

\*Unless otherwise indicated, all Scripture references are taken from the *New International Version* of the Bible.

# Chapter 1

## Starting the Spiritual Journey

While God guides each of us along our own unique spiritual journey, the Bible makes it clear that there is only one way that we can reach God, only one answer to the question, "How can I have a personal relationship with God?" In order to understand that way, it is vital that we know God's desire for us, the problem that keeps us from him, the solution he has created, and the response required of us. This appendix will review the process of salvation that all believers experience and can help you to confirm that you truly have begun a relationship with God.

### **Main Point 1: *God's Desire***

*God wants us to experience eternal life, and a full, abundant life.*

According to John 3:16 and John 10:10, what are two reasons that God sent Jesus to us?

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But there's something that stands in our way.

**Main Point 2: Our Problem**

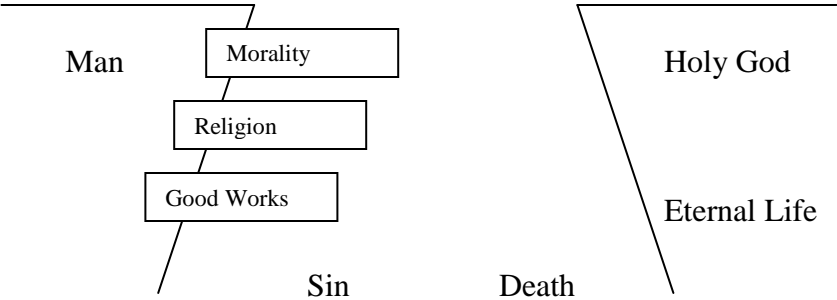
*Our sin and the consequences of that sin (death) keep us separated from God and from his desire — for us to have eternal, abundant life.*

What does Romans 3:23 tell us is a problem common to all people?

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And what does Romans 6:23 say is the consequence of that problem?

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As the illustration above shows, our sin creates a gap between us and God. In addition, nothing that we do - not our morality, or our religion, or even our good works, can enable us to cross that gap.

**Main Point 3: God's Solution**

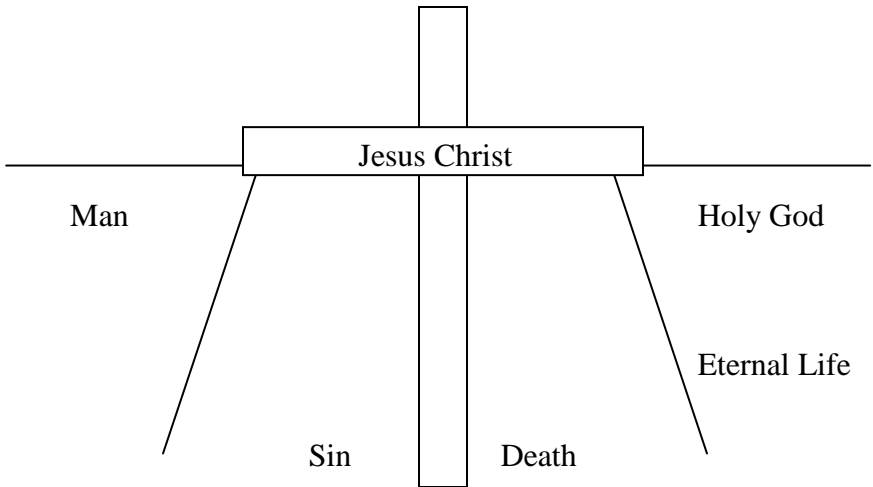
*But God has done something to bridge the gap between us and him. Christ's death has made it possible for us to reach God and the life he wants for us.*

According to Romans 5:8, how has God shown us his love?

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How does 1 Peter 3:18 further clarify the purpose of Christ's death?

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Christ's death on the cross bridges the gap! Because of Jesus, we can have a relationship with God and can receive his gift of eternal life.

## Main Point 4: *Our Response*

*John 1:12 tells us specifically who crosses that gap to reach God. According to this verse, who can be considered a child of God?*

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Read Ephesians 2:8-9. What response *does* save us? What response *does not* save us?

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Finally, take a look at John 5:24, which sums up how we can cross over the gap between us and God. Fill in the blanks below.

"I tell you the truth, whoever \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ him who sent me has  
\_\_\_\_\_ and will not be  
\_\_\_\_\_; he has crossed over from  
\_\_\_\_\_ to \_\_\_\_\_."

If you have never responded to God's offer of forgiveness and eternal life by putting your trust in Jesus Christ, but you would like to do so now, simply talk to him through prayer. You can use the sample prayer below as a guide.

*"Dear God, I know that I am a sinner. And I know that I deserve the consequence of that sin, which is death. However, I believe that you sent Jesus to die on the cross so that I can be forgiven, and that if I trust in him, I can have a relationship with you. I thank you for that and I am now trusting in Jesus Christ as my Savior. I believe that his death has provided for my forgiveness. Thank you Lord, for saving me and forgiving me. Amen."*

If you have placed your trust in Jesus as your Savior today, and have prayed to accept God's gift of forgiveness, sign below to commemorate this exciting day!

Today, I accepted Jesus as my Savior.

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Name

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Date

# Chapter 2

## *WORD*

### Letters from Home

Think back to the last time you were away from home and felt the distinct tug of homesickness. Maybe you were on a business trip or visiting a faraway friend. Or perhaps your mind takes you back to your first adventure of sleep-away camp or the early weeks of life in a college dorm.

Now imagine that you find yourself serving your country on the other side of the world. All the comforts of home — especially the people of home — are far away. And there's nothing you'd like better at this moment than to be there, safe and warm, comforted, at ease... home. But duty calls. You have a job to do, a responsibility to fulfill, in this hostile territory. If you are like most people, you would look forward to mail call every day as you fervently hope something will be waiting for you — a letter from home.

As followers of Christ, we will often feel like this world is enemy territory. The battles Christians face may not be physical, but will certainly be spiritual — doubt, fear, confusion. Sins of the mind and of the heart plague us, affecting us long before we act them out. Because our citizenship is truly in heaven, this world isn't our home. But as we continue our journey in this world, there is good news! There are letters from home, ready at our disposal, to cheer us, comfort us, and provide what we need to get through the next challenge. Where can you find these letters from home? In God's Word.

You may have heard the Bible referred to as many things — a map, a textbook, a set of instructions. While those analogies may hold some truth, the Bible is so much more! It is a collection of letters from our Heavenly Father, written directly to us. And what we do with these letters from home is a key part of our spiritual journey.

### **Getting Your Bearings**

Read Acts 2:42-47. Keeping in mind what we learned in the last chapter — that the "they" in these verses refers to the 3,000 people who have just trusted in Christ — whose teachings were these new believers devoted to?

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What types of things were most likely being taught?

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These early believers were excited about beginning their spiritual journey, and they naturally wanted to know everything they could about Jesus. Can't you just imagine them sitting in front of the Apostles saying, "Tell us everything about Jesus. Tell us what he taught. Tell us about his miracles. Tell us about his resurrection. Tell us everything..."

They were devoted to learning about Christ. And those who follow Jesus today still are. Therefore, true believers have a desire to read and obey the Word of God.

Read 2 Timothy 3:16-17 and fill in the blanks below.

"All Scripture is \_\_\_\_\_ and is useful for \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_"

\_\_\_\_\_ in \_\_\_\_\_, so that the man  
of God may be thoroughly \_\_\_\_\_ for every  
good work."

Let's look in more detail at what this passage teaches us about our "letters from home." The term "God-breathed" tells us that the entire Bible owes its origin and content solely to God.

According to 2 Peter 1:21, what is *not* the origin of prophecy?

\_\_\_\_\_

Instead, who or what was the source of prophecy (and in fact, the source of all of Scripture)?

\_\_\_\_\_

Since the Bible consists of the very words of God, it is useful, profitable, and beneficial for us to read and mediate on it and to obey what it says. What, specifically, are these letters from home useful for?

The first thing that 2 Timothy 3:16-17 told us that Scripture is useful for is:

\_\_\_\_\_

"Teaching" here refers to the body of truth — doctrine — that guides your thinking and your actions. We need to read the Word of God so that we know what to believe about God, Christ, the Holy Spirit, man, salvation, Satan, and how to live the Christian life.

The second thing that 2 Timothy 3:16-17 told us that Scripture is useful for is:

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The role of rebuking means that God's Word makes us realize what is wrong in our lives. When you read the letters from home, there are many times when God will stop you in your tracks and tell you very clearly: you are way off base in this area.

What is the third thing Scripture is useful for?

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The rebuke was God's warning: stop doing that! The next step is correction — God's instruction, intended to get us on the right path. Wherever we are on our spiritual journey, we are in constant need of rebuking and correcting.

What is the fourth thing Scripture is useful for?

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The word training means instruction by discipline. The Bible teaches us how to be disciplined in living a life of obedience, in doing what is right. Obedience is hard, and we need the Word of God daily to keep us on track.

Finally, what does 2 Timothy 3:16-17 do for the man of God?

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Read Ephesians 2:10. What has God prepared for believers?

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In order to do the good works that God has prepared in advance for us, *we* too must be prepared. How are we prepared? By his Word! We cannot be ready to carry out God's purposes unless we are reading his letters from home.

### **Planning Your Route**

Now that we have explored why the Bible is meaningful in the lives of believers, and why it is important to read and obey it, take some time to evaluate how you currently treat the "letters from home." Then commit to making the letters from home a vital part of your journey.

What reasons/excuses keep you from reading and obeying the Bible?

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What does it mean to you that God has sent you personal letters from home?

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Set a goal for spending time each week reading the Bible. Make your goal reasonable but challenging. Five days per week may be a good place to start.

\_\_\_\_\_ I commit to spending regular time reading the "Letters from Home" that God has given me: I will read God's Word \_\_\_\_\_ times/week.

### **Taking It With You**

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."  
2 Timothy 3:16-17

### **Milestone for the Journey**

*Read and obey the Word of God.*

# Chapter 3

## *WORSHIP*

### Walking in Awe

Think back to week one, when we learned that God is with us for every step of our spiritual journey: he is the author of our journey, the goal of our journey, and the one who walks with us step by step. The more we learn about this God, the more we see of who he is and what he has done, the more it will affect us and affect the way we respond to him as we travel along our path.

The believers in the early Christian church were learning more about God (remember their devotion to the Apostles' teaching?). They knew that Jesus had been crucified, buried, and raised from the dead. They witnessed the amazing work of the Holy Spirit as they heard the message of Jesus spoken in their own native tongues — by men who had no way of knowing how to speak those languages! And as they began to follow Christ, life was no longer about them, their stuff, their feelings, their time... it was now about God. Their energy and focus shifted to living for him and serving him. Worship became a way of life for them, as it should be for every believer.

Our second Essential of spiritual growth is worship. Let's start with a description of worship. There are two words that translate as "worship" in the Bible, and those two words mean:

- To bow before (not only physically, but spiritually), to submit, to surrender
- To serve

We can see that worship encompasses both an *attitude* and an *action*. Let's look at how these two aspects of worship play out along our journey.

### **Getting Your Bearings**

Review Acts 2:42-47. According to verse 43, what was the pervading feeling among these new believers?

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We see here how worship begins — with a sense of awe. The word "awe" here is the Greek word *Phoebus*, from which we get the term "fear." But this is not a fear that causes us to crawl into a corner and hide. Instead, living in fear of God is to live with a deep reverence, honor, and respect for God. We can specifically live in awe of his person, his work, and his Word.

Read Job 25:2. What two things does this verse tell us belong to the person of God?

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How might recognizing God's dominion lead us to *awe*?

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According to Habakkuk 3:2, what did the prophet Habakkuk "stand in awe" of?

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List some of God's deeds throughout history or in your own life.

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How does the acknowledgement or remembrance of these deeds result in awe?

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Read Psalm 119:105, 120. What do we learn from these verses about one of the roles of God's Word in our lives, and the psalmist's natural response to God's Word?

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We've seen in these passages three key components of worship — standing in awe of God's person, God's work, and God's Word. But true worship will even take us a step further. As we are overcome with awe for God — like the early believers in Acts 2 were — we will find ourselves responding very specifically and very tangibly. We will worship through obedience.

Read Romans 12:1. What does this verse identify as an "act of worship" that believers are called to do?

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Describe what you think it means to offer yourself as a "living sacrifice."

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What is one area of your life you need to offer to God in obedience?

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As we live in awe of God, it becomes a natural response to give our lives, our actions, our obedience to him. We honor God — show reverence to him — through every word and every action.

So, as we've learned, growing in the essential of worship involves two primary aspects: an *attitude* of awe, and the *action* of obedience.

### **Planning Your Route**

One specific obedient response to God's person, work, and word is prayer. Ephesians 6:18 reminds us to "pray...on all occasions with all kinds of prayers and requests." And the more we learn and know about God, the more we will want to interact with him and communicate with him through prayer.

Prayer is simply a conversation with God, something we can do anywhere and at any time. However, sometimes it is useful to have a tool to guide us through our prayer time. Let's look at one common approach to prayer.

## *The ACTS Acronym*

The ACTS structure uses a simple acronym to guide you through your prayer time. Let's look at each aspect. Take a few minutes to review the verses that support each point.

1. **A**doration (Psalm 150:1-2) - Start your prayer time by praising God for who he is.
2. **C**onfession (1 John 1:9) - Next move on to confessing your sins to him. Confession will often be a very natural 'next step,' as you see your own short-comings in comparison to his greatness.
3. **T**hanksgiving (Philippians 1:3, 1 Thessalonians 5:18) - Now take a few moments to thank God for his work in your life and for the blessings he's given.
4. **S**upplication (Philippians 4:6) - Finally, bring your requests to God. This is a time to pray for your own needs, to pray about what you've been learning in his Word, and to pray for others.

Will you now commit to worshipping God through prayer as a regular part of your time with him?

\_\_\_\_ I commit to adding a time of prayer to my time in God's Word this week.

## **Taking It With You**

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship." Romans 12:1

## **Milestone for the Journey**

*Participate in personal and corporate worship. Worship is demonstrated by an attitude of awe and the action of obedience.*

# Chapter 4

## *CONNECT*

### Companions on the Journey

Congratulations on your progress along this journey that we are on! You've seen over the last three weeks that this path to spiritual growth is, indeed, a journey — a series of steps that we make every day. You've seen that God is with you and is helping you by his Spirit. You've learned about the importance of God's Word, and about living a life of worship in response to who God is.

Today, let's talk about the people that are on this journey with us.

Sociologists tell us that we need, and will naturally seek out, a "third place." We have home, we have work, but we need another place — a place to interact with others, where we can establish a support system. This "third place" is where we identify with a community. It may be the gym, a coffee shop, or a fantasy football league. But there's great news — as believers, we have a natural, built-in "third place." Let's look at how this human desire to connect finds meaningful fulfillment in the church.

## Getting Your Bearings

Look again at Acts 2:42. According to this verse, what four things were the early believers devoted to?

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Let's focus on the second item: fellowship. When we see the word "fellowship" in our Bibles, it is there as a translation of a rich Greek word: *koinonia* (koy-nohn-ee'-ah). *Koinonia* encompasses a few principles:

- A close association involving mutual interests. In other words, fellowship means to have relationships built around common beliefs and values — for Christians, the key commonality is naturally our relationship with Christ.
- An attitude of good will — this addresses the emotions and feelings of being in fellowship with others.
- A resulting sign of fellowship or proof of brotherly unity.
- Participation and sharing together — a clear partnership with others.

Fellowship involves commitment, action, and emotions that bond hearts together at a deep and meaningful level. It forges partnerships and friendships that cannot be separated.

Fellowship with others begins only when we as individuals have fellowship with God. The changes you've been making in your life lately — spending time reading God's Word,

incorporating prayer into your life — are the source of your fellowship with him. As a result, we can take that vertical fellowship  $\updownarrow$ , and now begin to experience horizontal fellowship with other believers  $\leftrightarrow$ .

Let's examine some aspects of fellowship with others.

Read Acts 2:46. How often did the early believers come in contact with each other?

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Christians in the early church knew the importance of being together — sometimes in large groups, sometimes in smaller ones. You couldn't keep them away from each other. But it wasn't long before the author of Hebrews had to issue a reminder.

Read Hebrews 10:23-25. What did the writer of Hebrews have to say about Christians gathering together on a regular basis?

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It is impossible to experience fellowship if we are not regularly meeting together. But true fellowship goes a step further than simply seeing other believers.

Look again at Acts 2:45. What were the early Christians willing and eager to do for each other?

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Did you catch that? They cared for each other's physical needs, and were willing to sell their own belongings to make sure that no one was left in need.

A key characteristic of true fellowship (koinonia) is caring for each other.

Scripture gives us many examples of how we can experience meaningful fellowship with other believers through our interactions with them. Let's examine just a few of them. Look up the following verses and note how the Bible commands us to treat one another.

<u>Verse</u>	<u>How we should treat each other</u>
Romans 12:10	_____
Ephesians 4:32	_____
1 Thessalonians 5:11	_____
1 Peter 4:9	_____
1 John 4:11	_____

Clearly, caring for one another involves meeting each other's physical needs, but it also encompasses how we treat others, how we live in community, and our attitudes toward each other.

### **Planning Your Route**

We've seen that the believers in the early church met together daily. We've read encouragement from Scripture that challenges us to continue meeting together, and to take stock of how we care for each other in community. How will you put this essential of "connecting" into practice? Consider the following two specific applications, and make plans to put one of them into action in your life.

1. Scripture tells us that Christians are to be baptized as a public demonstration of their faith in Christ as savior.

The act of baptism is one way in which we can be publicly identified both with Christ and with other believers. If you have not yet been baptized, consider participating in the next baptism service at the Chapel.

2. South Hills Bible Chapel recognizes that God has created us to need connection. In order to facilitate connection between individuals, we encourage you to get connected in one of our community groups. Community groups provide an opportunity for you to grow closer to other believers, share in growth, and experience what it means for needs to be cared for and met in a smaller-group setting. To get involved in a community group, contact Bob Mason in the church office at [bmason@biblechapel.org](mailto:bmason@biblechapel.org).

Which of the above suggestions will you act on and how?

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### **Taking It With You**

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching." Hebrews 10:25

### **Milestone for the Journey**

*Develop and nurture Christian relationships.*

# Chapter 5

## *SERVE*

### Doing What God Made You to Do

*Chariots of Fire*, a 1981 film that won the Oscar for Best Picture, is a movie about determination and inspiration. In it, we learn about Eric Liddell, an Olympic runner who later served and died as a missionary in China. At one point Liddell, a committed Christian, says, "[God]...made me fast. And when I run, I feel his pleasure."

Don't you want to be able to say that? *God made me to do this certain thing...and when I do it, I feel his pleasure.* Wouldn't it be wonderful to find that passion — something that you know God has created you to do? As we continue on our journey, what a wonderful experience it would be to know that you are doing what God made you to do!

#### **Getting Your Bearings**

Read Acts 2:42-47 and fill in the blanks below.

Verse 42: "They devoted themselves to the Apostles'  
\_\_\_\_\_...to the \_\_\_\_\_ of bread."

Verse 45: " \_\_\_\_\_ their possessions and goods, they  
\_\_\_\_\_ to anyone as they had need."

Verse 46: "...They \_\_\_\_\_ in  
their homes and \_\_\_\_\_ with glad and  
sincere hearts."

Let's look at all the acts of service that were behind these activities:

- The apostles were using their gift of teaching.
- Someone prepared the bread and wine for 3,000 people to participate in communion together.
- People were selling their things and giving generously to others.
- Meals were prepared so they could be shared with others.

Here in the early church, not only were the believers devoted to the Apostles' teaching, not only were they filled with awe, not only were they connecting with one another... but here was a group of people who were serving each other and enjoying it — they felt God's pleasure as they served.

As we pursue spiritual growth, it's important to recognize that God wants each of us to be involved in service, just as these early Christians were. But before we jump into "doing things," we must first check our heart attitude.

In Mark 10, we read about two of Jesus' disciples — James and John, two brothers — who came to Jesus with an arrogant request. They asked Jesus if they could sit on either side of him — one his left side and one on his right — when he was on his throne. They wanted the places of honor.

Read Mark 10:41-45. What did Jesus tell them was the key to being great?

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Before we can serve each other, we need to have a servant's heart — an inner desire to serve.

Read Galatians 5:13-14. How should believers treat each other?

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To do that — to serve others, doing what God made you to do, and to feel his pleasure in doing it — you must use the spiritual gift God has given you. A spiritual gift is a unique ability that God gives to each believer through his Holy Spirit to enable that believer to contribute to the work of the church.

Read 1 Peter 4:10 and answer the following questions.

What has each believer received? \_\_\_\_\_

What is he/she to do with it? \_\_\_\_\_

From this verse, we learn several key things about spiritual gifts:

- Every believer has at least one gift.
- Every believer should use that gift.
- Every believer should serve others with that gift.
- Every believer should be a caretaker of God's gift.
- Every believer is responsible to use his/her gift in order to show God's grace to others.

If you are a believer, God has given you a special gift, and out of obedience to him, you need to be using it. You cannot feel his pleasure if you are not doing what he has made you to do. As we recognize that each of us has received at least one gift from him, we respond, as good stewards, by faithfully using those gifts to serve each other.

How does it make you feel to know that God has given you a special gift?

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What special ability do you think God has given you to contribute to the work of the church?

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### **Planning Your Route**

You're spending time reading God's Word, you're spending time in prayer, you're connecting with other believers...now it's time to step out and feel God's pleasure by serving others.

First, take a moment to pray and ask God to give you a servant's heart, a sincere desire to serve others.

Now, commit to one of the following applications.

1. Simply step out and serve. Each week, the church bulletin lists numerous areas that are in need of people who are willing to serve. Pick something that is in line with your passion, and go for it.

\_\_\_\_\_ I will get involved in some form of service.

2. Maybe you don't know what your gift is or where to start. Watch the bulletin for the next *SERVE* class offered. That program will help you find your gift and get plugged in to an area of service here at SHBC.

\_\_\_\_\_ I will take the next *SERVE* class offered at SHBC.

## **Taking It With You**

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

### **Milestone for the Journey**

*Use your gifts to serve God and others. God's pleasure on your life is something you don't want to miss.*

# Chapter 6

## *SHARE*

### Inviting Others to Join the Journey

Can you remember the last really wonderful vacation you experienced? You know the kind of vacation where you sent "Wish You Were Here" postcards to your friends and family — and you really meant it? You wished you could invite everyone to join you on the trip. You wanted them to see the sights, taste the food, witness the excitement, and make the same memories that you were making. That vacation was too wonderful to keep to yourself — you wanted to share it with everyone else, too!

When we think about this incredible journey that we are on as followers of Christ, shouldn't we feel the same way? We would love others to experience this right along with us — to know God's love, to witness the excitement of him working in individual hearts, to share the joy of growing and learning and fellowshiping with other believers. It's only natural, the more we learn and the further we go on our journey, to want to say to others, "Wish you were here."

As believers, we are, indeed, called to say that to others. Let's look at the essential of sharing in the life of a believer.

#### **Getting Your Bearings**

Read Acts 2:46-47. What was happening to the number of believers in the early church?

Read Matthew 28:19-20. What command did Jesus give his disciples before returning to heaven?

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As the apostles and other early Christians fulfilled the command to spread the good news of Jesus, the results were obvious: the number of people joining them on the journey grew daily!

Believers today are also to be ready and willing to share the good news of Jesus with our friends, our family, those in our community, and people throughout the world.

According to 1 Peter 3:15, what should we, as Christians, always be prepared for?

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Some things you can and should do to be prepared to share about Jesus are to make sure you understand what God has done in your own life and to write a brief testimony of your spiritual journey so that you know what you would say when the opportunity arises. Take a minute to review Appendix A, "Am I Really a Christian?" Then continue with the rest of this chapter, which will walk you through the process of writing your testimony.

### **Planning Your Route**

Now that you've reviewed the process that God uses to bring all believers to himself, take some time to write your testimony — your personal spiritual journey of how you came to God. Use the prompts as needed to guide your story and use extra paper if you need more room.



3. Write a paragraph about how you received Christ. Some things to address would be:

- How you first heard or learned about Christ
- What your life circumstances looked like right before you accepted Christ
- Any people that were involved in leading you to Christ
- What made you realize that you needed to accept Christ

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4. Write a paragraph about how your life is different since you accepted Christ. Some issues to address might be:

- How your life has changed
- When you noticed that change
- How your motivations, desires, and goals are different

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Congratulations! You've just written your personal testimony! Take some time to review it and to make sure it reads the way you'd like it to read.

Taking time to regularly review what the Bible says about coming to Christ, and your personal story of how you came to Christ will ensure that you are prepared to say to others, "Hey, I'm on this great journey...and I wish you were here."

**Taking It With You**

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."  
Matthew 28:19-20

**Milestone for the Journey**

*Tell others about Jesus.*

*Thank you  
for  
sharing  
your journey  
with us.*

# Appendix A

## The 5 Essentials

### **WORD**

*Read and obey the Word of God.*

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." 2 Timothy 3:16-17

### **WORSHIP**

*Participate in personal and corporate worship.*

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship." Romans 12:1

### **CONNECT**

*Develop and nurture Christian relationships.*

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching." Hebrews 10:25

### **SERVE**

*Use gifts to serve God and others.*

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

### **SHARE**

*Tell others about Jesus.*

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:19-20

# Appendix B

## Suggested Resources for Further Study

For further study on the topic of spiritual growth:

For further study on *WORD*:

- *Living by the Book* by Howard G. Hendricks

For further study on *WORSHIP*:

For further study on *CONNECT*:

For further study on *SERVE*:

For further study on *SHARE*:



