

## PARTICIPANT'S GUIDE COURSE THREE

# The Key to Spiritual Growth and Fruitfulness

### How to Use This Guide

This self-study guide is a companion document to the video course “The Key to Spiritual Growth and Fruitfulness.” This guide will help you to reflect on key learning from the video as well as deepen your understanding of the important truths of spiritual growth discussed in the video. Learning about spiritual growth and fruitfulness is a part of your lifelong salvation journey with Jesus. Now that you are saved, you want to be able to grow into the fullness of who God has created you to be. This guide is designed to help you live a life in the center of God's will.

Each Glory to Glory Study guide is organized around five areas of learning:

1. **Synopsis of Key Learning** - The synopsis will provide summaries of key points from the video that are important for you to understand and serve as foundational knowledge for the next course in the learning series.
2. **Important Vocabulary and Concepts** - This study guide will provide explanation of important words or ideas that are critical to understanding biblical truth.
3. **Deeper Learning** - The more you know and understand about who God is and how He works, the deeper in love you fall. God wants to have a deep and abiding relationship with you. He desires for you to know Him. This section of guide will give you additional insights into the teaching from the video for you to study on your own. If you have questions, there will be mentoring moments in the online school for you to get your questions answered.
4. **Life Application** - God calls for us to not just be a hearer of His word, but a doer also. (James 1:22). This means that God expects for us to apply what we learn about Him in our everyday lives. This section of the study is to help you think about the ways to apply what you learn from the course to your everyday life.
5. **Memory Scriptures** - Scriptures that support key concepts in the course will be highlighted. We encourage you to memorize these scriptures by meditating on them until they are hidden in your heart. When you hide God's word in your heart, it makes it hard for the enemy to deceive you. In this way, you are less likely to sin against God. (Psalm 119:11)

### Introduction to Course Three

In the first course of this learning series, we shared that we are all made in God’s image. When we become saved, we receive the Holy Spirit and then the Holy Spirit helps us to grow into the image of God over time. In the second course, you learned some practical habits to help you develop a relationship with God that is required to start and sustain this process of shaping you into the image of God. One of these critical habits is obeying God’s command to love Him and love others. Course three will explain how this process of change works as well as give you insight into the following:

1. Areas **where** we need to grow to become fruitful in obeying God’s commands
2. **How** to recognize if we are growing as God intended
3. **Why** we might not be growing spiritually
4. Circumstances **when** we struggle to grow
5. **What** to do when we struggle to grow in specific areas of our life
6. **Who** can help us when we need to grow

Make sure you watch the video “[The Key to Spiritual Growth and Fruitfulness](#)” for important illustrations of key concepts needed to understand how God changes you.


### The Key to Spiritual Growth and Fruitfulness

#### Synopsis

In the video course “The Key to Spiritual Growth and Fruitfulness,” we learn that there are five essential areas of who we are that need to be changed. These areas include: the mind, body, soul, heart and spirit. When you get saved, your spirit is automatically changed into the likeness of God. The other four areas are not changed automatically. Once you start on your track as a Christian, you want to have a way to determine if you are actually growing into the fullness of who God wants you to be. While the video provides illustrations for the different stages of growth, I want to focus on two key teachings from the video; on track to spiritual growth and off track to spiritual growth.



**On Track: What does it look like to love God with all your heart, soul, body, mind and spirit?** This is the number one commandment from God. The illustration to the left represents the breakdown of the five parts of who you are when you are led by the Spirit of God. When you are saved, your spirit is the part of you that is automatically changed. God wants you to let His spirit, in you, direct all areas of your life. This requires a life of surrender. Watch the video to learn how God helps you surrender your life to Him, so that He can lead you into a life of fruitfulness.

	<p><b>Off Track: What does your life look like when your unchanged area is leading your life?</b> God sent His only Son to save us, because we couldn't save ourselves. Through disobedience, sin entered into the world and we began to suffer the consequences of sin, which is spiritual death (see course one for understanding of what this means). This can also happen if the Christian, doesn't take steps to change the four areas of their life that didn't automatically change when they received the Holy Spirit. The illustration below shows the breakdown of you when you let your flesh (body) govern all of your decisions instead of the spirit. A person can still be a Christian but if their actions are based on their flesh/body, which hasn't been changed and brought under the submission of the Holy Spirit, sin can wreak havoc in their lives. Some consequences of letting the flesh/body govern your life include: drug addiction, alcohol abuse, fornication, obesity, anorexia, etc.</p>  <p>If you allow any area other than the spirit to govern your life, you cannot grow spiritually. Watch "The Key to Spiritual Growth and Fruitfulness" to learn what happens when the soul (emotions) governs your life and how our five senses influence our spiritual growth or lack thereof.</p>
<p><b>Key Vocabulary/ Concepts</b></p>	<p><b>Self-deliverance (Key Concept)</b> – God tells us that we are to take responsibility for our lives, because He has given every believer authority to create change in our lives. (Luke 6:42) We can make a conscious decision to be obedient to God's word and desire this obedience with every fiber of our being. Sometimes this change will come right away just from making the decision. At other times the change we are seeking happens over time. When we still struggle to be obedient to God's word after making the decision, we must ask God for help through prayer and surrendering our life to God. Be sure to watch the video to learn what it means to surrender.</p> <p><b>Religious Spirit (Key Concept)</b> – People can become very knowledgeable about God and the Bible and never develop a relationship with Him. They change their behavior on the outside, but their spirit has not been changed. They think they can fix themselves, but Romans 8:6-8 tells us it is not possible to fix ourselves. After a while, people who try to fix themselves become convinced of their own understanding which is sinful. They may sound like a Christian, but they are being led by their flesh (body/sinful nature). This religious spirit or attitude causes the person's life to go unchanged and can never be on track to spiritual growth and</p>

	<p>fruitfulness.</p> <p><b>Stronghold (Definition)</b> - An area in which we are held in bondage (in prison) due to a certain way of thinking</p> <p><b>Declaration</b> - Declarations are when we personalize scriptures and insert ourselves and/or others into God's Word. Declarations allow us to agree and align ourselves with the TRUTH of what God has already spoken over us. (couragefireministries.com)</p> <p><b>See Definitions of Terms:</b> mind, body, soul, heart, and spirit</p>
<p><b>Deeper Learning</b></p>	<p><b>What the Mind Thinks About, Brings About</b> - The most common challenge area for people to regenerate is the mind. In course one, we learned that Adam and Eve were deceived by the devil. He did this by telling lies. This deception caused Adam and Eve to disobey God. Although Jesus defeated satan on the cross, satan still tries to deceive people just like he did Adam and Eve. He whispers lies into our ear gate and tries to get us to believe his lies. If this happens, he knows that he can create a stronghold (a trap) that makes change in our lives feel impossible. People can begin to feel hopelessness.</p> <p>In the next course, you will learn how to read the Bible. This is a key habit to keep you on track as a Christian. But, it will be essential for you to speak the truth of God's word and what He says about you. As satan tries to trick you like he did Adam and Eve, you will want to speak the truth of God's word in response. Jesus had to do this as well. After completing a forty day fast, where Jesus had not eaten any food, satan tried to tempt Jesus with food. Jesus responded, "Man shall not live by bread alone, but by every word that proceeds out of the mouth of God." (Matthew 4:4) This happened several times. Eventually, satan left Jesus alone.</p> <p>When you replace wrong thoughts that come into your mind with the truth of God's word, the devil will have to flee. Just like he did with Jesus. This process of speaking the truth of God's word and what He says about you, will not only cause the devil to leave you alone, but it is the very action that helps to regenerate your mind.</p>
<p><b>Life Application</b></p>	<p><b>Declare God's Word</b> - Get in the habit of declaring God's word everyday. Establish a set time each day for praying and confessing God's word. Consistency will be key. Speak the confessions out loud with boldness and authority. For the next forty days, I challenge you to speak the following declarations every morning when you get up and at night before you go to</p>

	<p>bed:</p> <ol style="list-style-type: none"> <li>1. Proverbs 16:3 - Today, I commit my works unto the Lord knowing my thoughts shall be established by Him.</li> <li>2. Isaiah 54:14 - I am established in righteousness, and oppression is far from me.</li> <li>3. Philippians 4:13 - I will not be defeated, because I can do all things through Christ who gives me strength.</li> <li>4. II Corinthians 4:18 - I will not be moved by what I see in the natural. I will only respond according to the spirit.</li> <li>5. Romans 4:21 - I am fully persuaded that what God has promised He is able perform it.</li> <li>6. Proverbs 3:5 - I will trust in the Lord with all my heart and lean not unto my own understanding. I will acknowledge God always, knowing that He will direct my path.</li> <li>7. II Timothy 1:7 - I embrace the power, love, and soundness of mind that God has given me and I will not allow fear to hinder me in any capacity.</li> <li>8. Romans 8:1 - I walk after the Spirit and not the flesh. I will not allow condemnation to overtake me, because I am in Christ Jesus.</li> <li>9. III John 1:11 - I make a conscious decision to follow that which is good and not that which is evil because I belong to God.</li> <li>10. II Timothy 1:12 - I believe in God and His word and I am persuaded that He is able to keep that which I have committed unto Him!</li> </ol> <p style="text-align: right;"><i>"Biblical Declarations," Kimberly Jones</i></p>
<p><b>Memory Scriptures</b></p>	<p><b>Romans 12:2</b> - Do not conform to the pattern of this world, but be transformed by the renewing of your mind (NIV)</p>
<p><b>Prayer of Declaration</b></p>	<p>Father,          We just thank you right now. Thank you Holy Spirit for revelation, for wisdom, for understanding, for knowledge. Thank You for being gentle with us and for being the one that will walk us through the process we all need to be renewed by You.</p> <p>We thank You Lord God that as we are being renewed by You, we are coming into the fullness and the glory of You, God. We will reflect from us Lord Your glory as we go through this process of regeneration. I thank You that You will not leave us as orphans, but that You will speak to us and show us exactly what we need to do, with clear instructions. And lord, as we pray and read the Bible, we declare by Your word that we will be transformed more into who You are.</p> <p>Amen.</p>