

# COUPLES FOR CHRIST CHRISTIAN LIFE PROGRAM

Participant's Handout

SESSION No. 10 : GROWING IN THE SPIRIT

## Brief Outline

The Christian life can be pictured as a wheel that has three components:

- the outer rim: This represents daily Christian life, where we encounter the realities of daily living.
- the hub: The hub represents our Lord Jesus Christ, who is or should be at the center of our lives. The power is that of the Holy Spirit.
- the spokes: The five spokes represent the five tools or means for us to grow in the Holy Spirit, namely, prayer and study, service and fellowship, and the sacraments.

## A. Prayer and Study

1. The first tool is prayer. A successful prayer life involves 3 important principles: Our prayer must be faithful, led by the Holy Spirit, and centered on a relationship with Jesus.
2. The second tool is study. There are three ways we can learn more about God: Reading and reflecting on the Bible; Reading Church's publications and other spiritual books; Attending teachings and listening to preaching.
3. In the Catholic tradition, the intercession of Mary and the saints is a powerful tool of prayer. Reading books on the lives of the Blessed Virgin Mary and the saints is also a good way to understand how the Holy Spirit acts in our lives.

## **B. Service and Fellowship**

1. The third tool is service. We need to take on a mentality of service so that we see our whole life given over to God's work. We serve by making ourselves and our resources – our time, talent, and treasure – available for God's work.
2. The fourth tool, fellowship, refers to almost everything that Christians do together as a body.

## **C. Sacraments**

1. The fifth and most important tool for Catholics to grow in the Holy Spirit is the regular reception of the sacraments, particularly the Sacrament of Reconciliation and the Sacrament of Holy Communion.

We are still "babies in Christ" and we need to grow. This will happen if we make use of the 5 tools provided by God.

### **Discussion starter**

What tools to Christian growth have not been fully utilized in your life?

### **Scriptures for daily prayer**

Day		Day	
1	1 Peter 1:13-16	5	Matthew 20:26-28
2	Matthew 6:5-13	6	James 2:14-17
3	Matthew 18:19-20	7	1 Corinthians 12:12-27
4	Hebrews 4:12-13		

### **The Challenge**

God's call for every Christian is to grow in holiness. To this end, God has provided us with the tools for growth. Will you eagerly avail of these tools and strive to be holy as God is holy?