

# Unit 3

## Spiritual Growth

The sequence of units 2 and 3 can be decided by the teacher. Some teachers prefer to cover self image before they go into spiritual growth. Their reason—if a student has a low self image with a great dislike of who he or she is, then he or she will not be motivated toward spiritual growth. But if we can get that person to see himself as God does, new hope will rise up within the new Christian. He or she will want to move into spiritual growth with enthusiasm.

Some teachers prefer to cover Spiritual Growth before Self Image. Their reason—the student still is not committed to Christ enough so he can face the daily spiritual battles he encounters. By contracting for growth in the unit Spiritual Growth, the student has the opportunity to deepen his commitment to Christ before moving on to other areas.

Another reason for waiting on the self image contract is for the student who claims to have no serious problems in this area of his or her life. If this is true (though rare) then it would be better to cover spiritual growth first, because it may be easier to challenge him to grow in this area, rather than self image, where he has no perceived need. Perhaps the student is good at covering up how he really feels about himself. By waiting a few weeks on this unit, you may be able to come up with more specific examples that pinpoint areas of his or her self image where he or she needs to grow.

In the final end, the choice is up to the teacher. Feel free to try it both ways to see which works best for you.

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## Basic Requirements for Unit Three

**Theme:** Spiritual Growth

**Purpose Statement**

The main purpose of this unit is to challenge the new Christian to go beyond salvation to a deeper relationship with God. Spiritual growth needs to affect every area of one's daily living. Clear signs of spiritual growth need to be seen in the life of the new Christian.

**Scope Areas**

Relationship with God — major  
Authority —major  
Responsibility —minor  
Self-Image — minor

**Goals**

Here are some of the goals that different teachers have used on contract unit. The particular goals that you choose for this contract should be directly related to those areas of spiritual growth which are needed in the life of the student.

By the end of this contract,

1. I will have a basic understanding of my need to grow spiritually.
2. I will have a clear understanding of how God will guide and help me.
3. I will have at least three examples of how I have applied God's truths to my life.
4. I want to have more self control over angry emotions.
5. I want to have a deeper understanding of love.
6. I want to begin to have more communication with God through prayer.
7. I will begin to work on keeping my thoughts pure.
8. I will learn how to deal with authority and not always think they are trying to put one over on me.
9. I will be a better example of enthusiasm to the younger Christians around me.
10. I will ask God to give me a vision for my future so I will be motivated.
11. I will develop a caution to think before speaking.

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12. I will develop more initiative in devotions, by setting aside a half hour each day to read the Bible and pray alone.
  13. I will study the situations that occurred at the center when I did not obey. (Or when I attempted to rebel.)
    - A. I will identify why it is hard for me to find out the main reason why I am being told to do something.
    - B. I will develop mature ways of obeying my leaders.
    - C. I will identify the causes of my rebellion.
  14. While living here, I will initiate a trusting relationship with my counselor.
  15. I will develop a quiet attitude
  16. I will learn how to demonstrate a servant attitude by doing the character quality of humility.
  17. I will develop biblical attitudes to use when I am at work
    - A. I will learn how to respond to cursing on the job.
    - B. I will keep a record of difficult situations I face in the next 4 weeks. I will discuss how I can be an example for Christ in these situations.
  18. I will develop a willingness, not a physical, but an inward willingness, to be more like Jesus in mind, attitude, spirit, and in doing the things that may be unexpected.
  19. I will discover what is involved in being a diligent person.
  20. I will have developed a boldness to testify about what God had done in my life and not be ashamed to talk about it.
  21. I will begin to eliminate my impure thoughts at church and at the pool.
  22. I will make the first steps toward humility.
  23. I will develop the ability to think before I talk.
  24. I will learn to stand on my convictions even in the face of rejections.
  25. I will learn how to use discretion.
  26. I will take steps to develop trust in the Lord to overcome fear and worry.
  27. In the area of temptations to lie:
    - A. I want to identify the steps that I must take to be able to tell the truth when I find myself in a problem situation.
    - B. I will discern the steps to take to gain a clear conscience.

28. In the area of my relationship with God:

- A. I will identify 3 things I can do to strengthen my commitment to God.
- B. I will have at least 3 examples of how I have been able to apply these truths in my life.

29. I will accomplish what I say I will do (my work, kitchen job, and class work).

30. I will learn how to express my frustration in a pleasing way to God (patience)

31. I will see that my mind is a battlefield between God and Satan and I must begin to control my lustful thoughts by thinking Godly thoughts.

### Lessons

We recommend that you use Chuck Miller's book, *Now That I'm a Christian*, volume 1, studies 1, 11-20.

Volume 2 of the same title has additional more advanced projects that might be better suited for students coming from a fairly good religious background.

### Scripture Memorization Class

[3 verses minimum)

The student should use both the Scripture Memory Class Worksheet and the Scripture Memory Class Final Test form.

Suggested list of verses to choose from

- A. James 4:7
- B. 2 Corinthians 5:17
- C. Romans 12:10
- D. Romans 12:16
- E. Ephesians 5:25, 28
- F. Proverbs 1:8-9
- G. 1 Corinthians 10:13
- H. Romans 13:1-2

### Character Qualities Class

1-2 minimum, student chooses which ones to do.

### Personal Reading Class

1 book minimum

These are some of the books that other teachers use with this contract. Some of the books listed below deal with specific areas of spiritual growth.

1. **Caution: Christians Under Construction**, Bill Hybels (Victor Books), 143 pages. Basic, practical guide to spiritual growth.

2. ***Dare to be Different: Dealing with Peer Pressure***, Fred Hartley (Flemming H. Revell), 127 pages. Very practical book on peer pressure. Main target audience is teenagers, but older adults can also learn much from it.
3. ***Essentials of Discipleship***, Francis M. Cosgrove, Jr. (NavPress), 192 pages. Covers a number of practical areas for spiritual growth for the new Christian. A companion study guide is available entitled *A Bible Study on Essentials of Discipleship*, by the same author and publisher.
4. ***The Fight: Handbook for Christian Living***, John White (Intervarsity Press), 230 pages. A challenging book for students who have at least a high school reading level. Deals with faith, prayer, temptation, evangelism, guidance, Bible study, fellowship, and work.
5. ***Improving Your Serve: The Art of Unselfish Living***, Charles Swindoll (Word), 29 pages. Rather heavy reading. Should be on target for those who come from a religious background. Focuses on how to develop a servant attitude that is Christ-like. A study guide is available.
6. ***The Practice of Godliness***, Jerry Bridges (NavPress), 270 pages. Each chapter considers a different character quality that will help to deepen our commitment to Christ. A Bible study guide is available.
7. ***Praying: How to Start and Keep Going***, Bobb Biehl and James W. Hagelganz (Gospel Light), 142 pages. Basic and very practical guide to deepening one's prayer life.
8. ***Pursuit of Holiness***, Jerry Bridges (NavPress). Very practical and challenging. Deals with how to be victorious over sin and live a godly life. A study guide is available.
9. ***Strengthening Your Grip***, Charles Swindoll (Word). A study guide is available.
10. ***Temptation. Help for Struggling Christians***, Charles Durham (InterVarsity Press), 166 pages.
11. ***Three Steps Forward Two Steps Back: Persevering through Pressure***, Charles Swindoll (Thomas Nelson Pub.), 191 pages. Very practical.
12. ***Will the Real Phony Please Stand Up*** Ethel Barrett (Gospel Light), 2114 pages. Practical, very readable.

### **Bible Reading Class**

Galatians through 2 Timothy (minimum)

### **Individual Requirements**

(Whatever special projects you feel the student needs.)