**Unit 3 Spiritual Growth**

Basic Requirements & Suggested Resources

**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 Student Learning Contracts for this 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.
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 Training 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 areas 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 battle field 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.

Chuck Miller's book, *Now That I'm a Christian,* Volume 2 has additional more advanced projects that might be better suited for students coming from a fairly good religious background.

PSNC Project 200 series: Some of these projects could be used in this contract if they relate to the specific areas where the student needs to grow.

Project 201, Showing Kindness, Ephesians 4:32

Project 202, Forgiving Others, Colossians 3:13

Project 203, My Thoughts, Philippians 4:8,9

Project 204, A New Way of Talking, Ephesians 4:29

Project 205, Showing Respect, 1 Peter 2:17-18

Project 206, Enthusiasm, Romans 12:11

Project 207, Showing Gentleness, James 3:17

**Scripture Memorization Class**

[2-3 verses)

The student should use both the Scripture Memory Class Worksheet and the Scripture Memory Class Final Test form. You may also want to have them choose one of the Special Projects in the Scripture Memorization Class Student Manual for one or more of the verses they complete for this contract.

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

I. 2 Peter 1:3-4

**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 Phoney Please Stand Up* Ethel Barrett (Gospel Light), 2114 pages. Practical, very readable.

**Bible Reading Class** (Suggested assignment for this contract)

Galatians through 2 Timothy

**Special Projects**

Here are some possible resources that could be used with this contract, depending on the areas where the student wishes to grow. All of these are available on iTeenChallenge.org as free downloads.

**Last Days Ministries resources** (there are many more that could be used with this contract)

Passion for Jesus

Pass the Salt

Dangers of Drifting

**Resources by Dave Batty**
(Each of these articles has questions for personal reflection on the last page.)

[**The key to your success is Small Steps of Obedience**](http://iteenchallengetraining.org/index.php/itc/course/174)
What place does prayer have in one’s success?  What happens when God lets go of your hand?  What’s the difference between giving up bad habits and living in freedom.

[**Are You Trying to Change Without Changing?**](http://iteenchallengetraining.org/index.php/itc/course/162)
What is the process God uses to bring change in our lives?  Are you a dysfunctional Christian?  Why don’t some miracles last for people who have been healed?

[**Having a Passion for Jesus**](http://iteenchallengetraining.org/index.php/itc/course/252)
What does it mean to have a passion for Jesus?  What can rob you of a passion for Jesus?

[**Seeing God’s Potential in Your Life**](http://iteenchallengetraining.org/index.php/itc/course/173)
What is the potential God sees in your life? What can rob you of experiencing God’s potential for your life? What guarantee do you have that God’s potential can be realized in your life?

[**Tools for Life**](http://iteenchallengetraining.org/index.php/itc/course/172)
What are the tools you need for success in your life?  How does one become effective at overcoming temptations to sin?  What place do miracles and God’s power have in overcoming problems?

[**The Power of Secrets in Your Life**](http://iteenchallengetraining.org/index.php/itc/course/160)Are secrets keeping you in a place of fear or shame?  How can you find the way out of secret sins in your life?

[**The Path to Maturity**](http://iteenchallengetraining.org/index.php/itc/course/171)
How to stay on the path to addiction or the path to maturity. How does your response to problems set you up for the path the addiction or the path to maturity?

[**Boundaries in Your Mind**](http://iteenchallengetraining.org/index.php/itc/course/166)
What areas of your thought life need new boundaries? How can you build new boundaries in your mind? What are the strategies that can help you attack evil thoughts when they come into your mind?

[**Finding Hope**](http://iteenchallengetraining.org/index.php/itc/course/170)
Finding hope in the midst of life’s problems. What is the difference between wishful thinking and God’s hope? How do you hold on to hope when everything you have tried does not work?

[**Returning to Joy**](http://iteenchallengetraining.org/index.php/itc/course/168)
Training your brain for the life skill of returning to joy. How do problems in your life provide opportunities to experience God’s pure joy?

[**Making Right Choices**](http://iteenchallengetraining.org/index.php/itc/course/147)
What strategies will help you make good choices?  What are the most important decisions of your life?  What place does accountability have in making right choices.

[**Dealing With Shame**](http://iteenchallengetraining.org/index.php/itc/course/159)
How do I know if it is from God? What triggers your shame? How can you get out of the shame trap?

[**What are Your Triggers?**](http://iteenchallengetraining.org/index.php/itc/course/143)
What are those things that trigger a response in your life?  Do you let these triggers pull you down a destructive path?

[**Delusion, Denial, Deception**](http://iteenchallengetraining.org/index.php/itc/course/156)
Overcoming the trap of delusion, denial, and deception. How easy is it to spot false beliefs in your own life? In the lives of others?

[**God’s School of Life Training**](http://iteenchallengetraining.org/index.php/itc/course/151)
How good a student are you in God’s school of life training? How easy is it for you to bring God into your thoughts when facing a new problem? What are the lessons God wants to teach you through the problems in your life?

[**Overcoming Fear**](http://iteenchallengetraining.org/index.php/itc/course/158)What trouble is all around, how can you win the battle in overcoming fear? What are the tools that God has given us to battle our fears?

[**The Challenge of Renewing Your Mind**](http://iteenchallengetraining.org/index.php/itc/course/145)
How can a person get rid of inappropriate thoughts?  How can you change the way you think?

[**Living With Guilt**](http://iteenchallengetraining.org/index.php/itc/course/154)
Are you living with guilt that doesn’t belong to you?

[**Facing Your Problems**](http://iteenchallengetraining.org/index.php/itc/course/142)
The path to pure joy. What can you do when God does not take away your problems? How can you take hold of God’s joy when you have problems?