



Week Two | Sunday, May 10

“Getting Serious”

2 Peter 1:5

What advice would you give your son/daughter/best friend, who claims to be a “follower of Jesus”, but expresses little or no desire to grow in their relationship with God or others?

Where does the “longing” for growth/life change come from? How can you cultivate it?

The phrase “make every effort to add” emphasizes my (human) role in spiritual growth but we also know that the New Testament teaches us that it is the Spirit that produces growth (i.e. fruit of the Spirit in Galatians 5 which is similar to the list of qualities in 2 Peter 1). How do you know when you are co-operating with the Spirit in spiritual growth and not just relying on your own efforts?

There is a difference between “trying and training to be like Jesus”. What is the difference?

Why do you think we struggle with “spiritual practices/disciplines”? What do you believe would be helpful for your life in the ongoing implementation of these practices in your life?

Probably the most important thing in this whole area of “spiritual growth” and our role in it, is coming to an understanding that any effort must flow out of Jesus being the centre of our lives. As you look at your life right now what spiritual practice (training tool) do you think would be helpful for you to place Jesus at the centre (to re-member)?

Why don't many of us Sabbath anymore? How could you implement that concept of Sabbath in your life? Do you think that would be helpful for your “making every effort to add”?