



# *class 201*

*discovering spiritual maturity*  
*Teacher's Edition*

## **Class 201: Discovering Spiritual Maturity**

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Edited by Tom Holladay and Steve Gladen

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# **Class 201**

## **Discovering Spiritual Maturity**

*Written by Pastor Rick Warren*



# Welcome!

**Class 201: Discovering Spiritual Maturity** is the second of Saddleback Church's four basic classes. Since these classes build on each other, you must first attend Discovering Church Membership #101 before taking this class.

## Class Purpose

*. . . that you may **become mature** Christians,  
and may fulfill God's will for you.*

Colossians 4:12b (PH)

*We are not meant to remain as children . . . .  
But we are meant . . . to grow up in every way into Christ, the head.*

Ephesians 4:14–15 (PH)

## Class Focus

We will focus on the **Four Basic Habits** every Christian needs to develop in order to grow to spiritual maturity. This class will

- Equip you with the **skills** you need to begin these habits
- Explain the **tools** you need to continue these habits



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## What is Spiritual Maturity?

*In the unity of the common faith and common knowledge of the Son of God, we arrive at real maturity—that measure of development which is meant by the “fullness of Christ.”*

Ephesians 4:13 (PH)

Spiritual Maturity is being like Jesus.

*For from the very beginning God decided that those who came to him . . . should become like his Son.*

Romans 8:29 (LB)

# Facts about Spiritual Maturity

## 1. It's not automatic.

*You have been Christians for a long time now, and you ought to be teaching others, but instead . . . you need someone to teach you. . . . When a person is still living on milk, it shows he isn't very far along in the Christian life. . . . He is still a baby Christian!*

Hebrews 5:12–13 (LB)

## 2. It's a process.

*Learn to be mature.*

Proverbs 8:5 (GN)

*Continue to grow in the grace and knowledge of our Savior Jesus Christ.*

2 Peter 3:18 (GNT)

There are no shortcuts!

## 3. It takes time.

*Take **time and trouble** to keep yourself spiritually fit.*

1 Timothy 4:7b (PH)

## 4. It takes discipline.

***Discipline** yourself for the purpose of godliness.*

I Timothy 4:7 (NASB)

## Understanding Discipleship

1. Mature believers are called disciples.
2. I cannot be a disciple without being disciplined.
3. The more disciplined I become, the more God can use me.
4. The mark of a disciple is cross bearing.

*“Anyone who does not carry his cross and follow me cannot be my disciple.”*

Luke 14:27 (NIV)

5. How often am I to do this? daily.

*“If anyone would come after me, he must deny himself, and take up his cross **daily** and follow me.”*

Luke 9:23 (NIV)

6. What is involved in "cross bearing"? whatever it takes  
to give Christ first place in my life!



## Definitions of Habit

- “A continual, often unconscious inclination to do a certain activity, acquired through frequent repetition.”
- “An established disposition of the character.”

Sow a thought, reap an act.  
Sow an act, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny.

- “A customary practice.”

*Webster's II Dictionary*

## Class Outline

- Facts about Spiritual Maturity
- **Habit One:** A Daily Time in God's Word
- **Habit Two:** Prayer—Talking with God
- **Habit Three:** Tithing—Giving Back to God
- **Habit Four:** Fellowship—Enjoying God's Family
- How to Start and Maintain Good Habits

## Class Goal

That I will \_\_\_\_\_ *commit* \_\_\_\_\_ to the habits necessary for spiritual maturity.

*In the past you voluntarily gave your bodies to the service of vice and . . . the purposes of evil. So now give yourselves to the service of righteousness—for the purpose of becoming truly good.*

Romans 6:19 (PH)

Habit One:

# Daily Time in God's Word

*The whole Bible was given to us by inspiration from God  
and is useful to teach us what is true and to make us realize  
what is wrong in our lives; it straightens us out and helps us do what is right.  
It is God's way of making us well prepared at every point,  
fully equipped to do good to everyone."*

2 Timothy 3:16–17 (LB)

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## The Hand Illustration

On this page, trace an outline of your own hand.



# Six Ways to Get a Grasp of the Bible

## 1. How to Hear God’s Word

*So then faith comes by **hearing**, and hearing by the word of God.*

Romans 10:17 (AKJ)

### Ways to Hear God’s Word

- The Bible on audio
- Church services and studies
- Sermon audio
- Radio and Television teachers

PROBLEM: We forget 95 % of what we hear after 72 hours!

### How to Improve Your Hearing

- **Be Ready and Eager to Hear God**

*"He who has ears to hear, let him hear."*

Luke 8:8b (NIV)

- **Deal with Attitudes that Prevent Hearing God** (Luke 8:4–15)

*"Therefore consider carefully how you listen."*

Luke 8:18a (NIV)

**A Closed Mind:** Is fear, pride or bitterness preventing me from hearing God?

**A Superficial Mind:** Am I really serious about wanting to hear God speak?

**A Preoccupied Mind:** Am I too busy and concerned with other things to concentrate on what God has to say?

• **Confess Any Sin In Your Life**

*So **get rid of** all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.*

James 1:21 (NLT)

• **Take Notes on What You Hear**

*We must pay more **careful attention**, therefore, to what we have heard, so that we do not drift away.*

Hebrews 2:1 (NIV © 1984)

### *Keep a Spiritual Notebook*

**Act on What You Hear!**

*“If you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, **but put it into practice**—you will be blessed by God in what you do.”*

James 1:25 (GNT)

## **2. How to Read God’s Word**

*Happy is the one who **reads** this book, . . . and obey[s] what is written in this book!*

Revelations 1:3 (GNT)

**How often should I read God’s Word?** \_\_\_\_\_ *Daily* \_\_\_\_\_

***He should** keep it with him all the time and **read from it every day of his life**. Then he will learn to respect the Lord his God, and he will obey all the teachings and commands.*

Deuteronomy 17:19 (NCV)

### **Suggestions for Reading God’s Word**

- Read it systematically.
- Read it in a Bible without notes.
- Read it in different translations. For reading: *The Message, Good News Translation, New Living Translation*
- Read it aloud quietly to yourself.
- Underline or color code key verses
- Choose a reading plan and stick with it.

If I read approximately 15 minutes a day, I can read through the entire Bible in one year.

### Reading the New Testament in 30 Days

- |   |  |
|---|--|
| <input type="checkbox"/> 1. Matthew 1–9   | <input type="checkbox"/> 16. Acts 15–21                  |
| <input type="checkbox"/> 2. Matthew 10–15 | <input type="checkbox"/> 17. Acts 22–28                  |
| <input type="checkbox"/> 3. Matthew 16–22 | <input type="checkbox"/> 18. Romans 1–8                  |
| <input type="checkbox"/> 4. Matthew 23–28 | <input type="checkbox"/> 19. Romans 9–16                 |
| <input type="checkbox"/> 5. Mark 1–8      | <input type="checkbox"/> 20. 1 Corinthians 1–9           |
| <input type="checkbox"/> 6. Mark 9–16     | <input type="checkbox"/> 21. 1 Corinthians 10–16         |
| <input type="checkbox"/> 7. Luke 1–6      | <input type="checkbox"/> 22. 2 Corinthians 1–13          |
| <input type="checkbox"/> 8. Luke 7–11     | <input type="checkbox"/> 23. Galatians–Ephesians         |
| <input type="checkbox"/> 9. Luke 12–18    | <input type="checkbox"/> 24. Philippians–2 Thessalonians |
| <input type="checkbox"/> 10. Luke 19–24   | <input type="checkbox"/> 25. 1 Timothy–Philemon          |
| <input type="checkbox"/> 11. John 1–7     | <input type="checkbox"/> 26. Hebrews                     |
| <input type="checkbox"/> 12. John 8–13    | <input type="checkbox"/> 27. James–2 Peter               |
| <input type="checkbox"/> 13. John 14–21   | <input type="checkbox"/> 28. 1 John–Jude                 |
| <input type="checkbox"/> 14. Acts 1–7     | <input type="checkbox"/> 29. Revelation 1–11             |
| <input type="checkbox"/> 15. Acts 8–14    | <input type="checkbox"/> 30. Revelation 12–22            |

### 3. How to Study God’s Word

*They accepted the message eagerly and **studied the Scriptures** every day.*

Acts 17:11 (PH)

*Work hard so God can say to you, “Well done.” Be a good workman, one who does not need to be ashamed when God examines your work. **Know what his Word says and means.***

2 Timothy 2:15 (LB)

**The difference between reading and studying the Bible, is that you**

take notes when you study.

**The secret of effective Bible Study is knowing how to** ask the

right questions .

#### **Which Version of the Bible Should I Use for Study?**

**The Best Personal Study Bible:** *The Life Application Study Bible* (Tyndale)

**The Best Topical Study Bible:** *NIV The Thompson Chain-Reference Study Bible* (Kirkbride)

**The Best Background Study Bible:** *The NIV Study Bible* (Zondervan)

**The Best Doctrine Study Bible:** *Disciple’s Study Bible* (Broadman & Holman)

## Suggested Bible Study Resources

*Rick Warren's Bible Study Methods: Twelve different methods of explaining in simple step-by-step instructions* (Zondervan)

### **Bible Handbooks**

*Richard's Complete Handbook* (Word)

*Halley's Bible Handbook: An Abbreviated Bible Commentary* (Zondervan)

*Eerdmans Handbook to the Bible* (Eerdmans)

### **Other Important Study Tools\***

*Eerdmans Dictionary of the Bible* (Eerdmans)

*The Moody Atlas of Bible Lands* (Moody)

*WORDSearch* Software ([www.wordsearchbible.com](http://www.wordsearchbible.com))

[www.bible.org](http://www.bible.org)

[www.biblegateway.com](http://www.biblegateway.com)

### **Computer Software and Mobile Apps**

*QuickVerse 2011 Standard Bible Study Software* (Findex)

*YouVersion the Bible App* (free/all mobile devices) ([www.YouVersion.com](http://www.YouVersion.com))

\*As many **different Bible translations** as you can afford. (These can also be purchased in parallel editions with two or more translations laid next to each other on a single page.)

#### 4. How to Memorize God's Word

*Guard my words as your most precious possession. Write them down, and also keep them deep within your heart.*

Proverbs 7:2–3 (LB)

#### Benefits of Memorizing Scripture

- **It helps me resist temptation.**

*I have hidden your word in my heart that I might **not sin** against you.*

Psalm 119:11 (NIV)

- **It helps me make wise decisions.**

*Your Word is a lamp to **guide me** and a light for my path.*

Psalm 119:105 (GNT)

- **It strengthens me when I'm under stress.**

*Your promises to me . . . are my only hope. They give me **strength** in all my troubles; how they refresh and revive me!*

Psalm 119:49 (LB)

- **It comforts me when I'm sad.**

*Your words are what **sustain me**. They bring me great joy and are my heart's delight, for I bear your name, O LORD God Almighty.*

Jeremiah 15:16 (NLT)

- **It helps me witness to unbelievers.**

*Always be **prepared to give an answer** to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,*

1 Peter 3:15b (NIV)

#### When to Memorize a Verse

- During your quiet time
- While exercising
- While waiting (spare moments)
- At bedtime (Psalm 63:6)

**How to Memorize a Verse**

1. Pick a verse that speaks to you.
2. Say the reference **before and after** the verse.
3. Read the verse aloud many times. Record it!
4. Break the verse into natural phrases.
5. Emphasize key words when quoting the verse.
6. Write down the verse and erase a word at a time.
7. Write out the verse on a flash card.
8. Carry some cards with you at all times for review.
9. Display your verses in prominent places.
10. Always memorize the verse word-perfect.
11. Put the verse to music. Write a song!
12. Get a partner so you can check each other.

Suggested beginning rate: 2 new verses a week.

**Three keys to memorizing:** review ;  
review ; review

**We remember what is** important to us .

*The law that you gave **means more to me** than all the money in the world.*

Psalm 119:72 (GNT)

## Scripture Memory Course

The following verses suggest a “balance” in Scripture memory. The verses selected are key in understanding the foundations of the Christian life and Christian growth. Do not feel tied down to this suggested list. This is only a tool to lead you in an understanding of the importance of memorizing “key” verses.

### Live the New Life

Christ the Center	2 Corinthians 5:17; Galatians 2:20
Obedience to Christ	Romans 12:1; John 14:21
The Word	2 Timothy 3:16; Joshua 1:8
Prayer	John 15:7; Philippians 4:6–7
Fellowship	Matthew 18:20; Hebrews 10:24
Witnessing	Matthew 4:19; Romans 1:16

### Proclaim Christ

All Have Sinned	Romans 3:23; Isaiah 53:6
Sin’s Penalty	Romans 6:23; Hebrews 9:27
Christ Paid the Penalty	Romans 5:8; 1 Peter 3:18
Salvation Not by Works	Ephesians 2:8–9; Titus 3:5
Must Receive Christ	John 1:12; Revelation 3:20
Assurance of Salvation	1 John 5:13; John 5:24

### Rely on God’s Resources

His Spirit	1 Corinthians 3:16; 1 Corinthians 2:12
His Strength	Isaiah 41:10; Philippians 4:13
His Faithfulness	Lamentations 3:22; Numbers 23:19
His Peace	Isaiah 26:3; 1 Peter 5:7
His Provision	Romans 8:32; Philippians 4:19
His Help in Temptation	Hebrews 2:18; Psalm 119:9

### Be Christ’s Disciple

Put Christ First	Matthew 6:33; Luke 9:23
Separate from the World	1 John 2:15–16; Romans 12:2
Be Steadfast	1 Corinthians 15:58; Hebrews 12:3
Serve Others	Mark 10:45; 2 Corinthians 4:5
Give Generously	Proverbs 3:9–10; 2 Corinthians 9:6–7
Develop World Vision	Acts 1:8; Matthew 28:19–20

## 5. How to Meditate on God’s Word

[Those who are] *always meditating on his laws . . . are like trees along a riverbank bearing luscious fruit. . . . [They] never wither, and all they do shall prosper.*

Psalm 1:2–3 (LB)

Meditation is focused thinking about a Bible verse that speaks to you, in order to apply its truth in your own life.

### Why Meditate On Scripture?

- **It is the key to becoming like Christ.**

*Your life is shaped by your thoughts.*

Proverbs 4:23 (GNT)

*Be transformed by the **renewing** of your mind.*

Romans 12:2 (NIV)

*And we all, who with unveiled faces **contemplate** the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

2 Corinthians 3:18 (NIV ©2010)

- **It is the key to answered prayer.**

*“But if you live your life in me, and my words live in your hearts, **you can ask for whatever you like** and it will come true for you.”*

John 15:7 (PH)

- **It is the key to successful living.**

*Meditate on it [the Word] day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

Joshua 1:8b (NIV ©1984)

**Six Ways to Meditate on a Verse**

**Picture it!** Visualize the scene in your mind.

**Pronounce it!** Say the verse aloud, each time emphasizing a different word.

**Paraphrase it!** Rewrite the verse in your own words.

**Personalize it!** Replace the pronouns or people in the verse with your own name.

**Pray it!** Turn the verse into a prayer and say it back to God.

**Probe it!** Ask the following twelve questions:

**Applications Questions**

Is there any . . .

**A**ttitude to adjust?

**P**romise to claim?

**P**riority to change?

**L**esson to learn?

**I**ssue to resolve?

**C**ommand to obey?

**A**ctivity to avoid or stop?

**T**ruth to believe?

**I**dol to tear down?

**O**ffense to forgive?

**N**ew direction to take?

**S**in to confess?

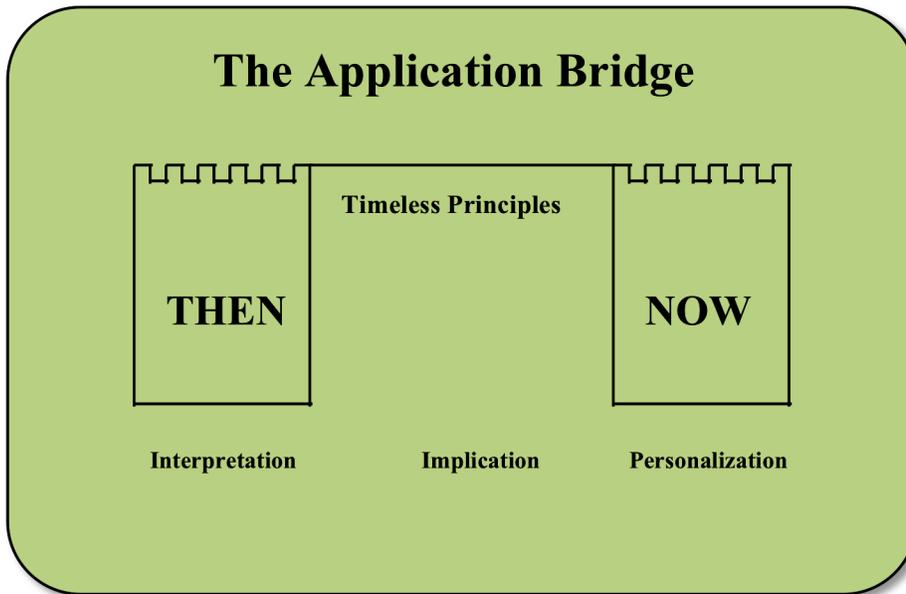
## 6. How to Apply God’s Word

*Do not deceive yourselves by just listening to his word; instead, **put it into practice.***

James 1:22 (GNT)

*“Whoever practices and teaches these commands will be called great in the kingdom of heaven.”*

Matthew 5:19b (NIV)



**First Ask:** What did it mean to the original hearers?

**Then Ask:** What is the underlying timeless principle?

**Then Ask:** Where or how could I practice that principle?

Write out a sentence that describes a project or action you will take to apply the truth.

**Most applications will focus on one of three relationships :**

**with God ... within myself ... with others**

**Four Marks of a Good Application Action**

- It's \_\_\_\_\_ *personal* \_\_\_\_\_
- It's \_\_\_\_\_ *practical* \_\_\_\_\_
- It's \_\_\_\_\_ *possible* \_\_\_\_\_
- It's \_\_\_\_\_ *provable* \_\_\_\_\_

*"Now that you know these things—do them! That is the path of blessing!"*

John 13:17 (LB)

Habit Two:  
**Prayer–Talking  
with God**

*Base your happiness on your hope in Christ.  
When trials come endure them patiently,  
steadfastly maintain the habit of prayer.*

Romans 12:12 (PH)

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# How to Revitalize Your Prayer Life

(Matthew 6:5–8)

## 1. Approach Prayer with the Right Attitude

Be real

*“When you pray, don’t be like the hypocrites, who love to pray publicly on street corners and in the synagogues where everyone can see them.”*

Matthew 6:5 (NLT)

- Don’t try to impress God.
- Don’t try to impress others.

Be relaxed

*“But when you pray go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

Matthew 6:6 (LB)

Be revealing

*“Don’t recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need before you ask Him!”*

Matthew 6:7–8 (LB)

# Use the Model Jesus Gave Us

*“This, then, is **how** you should pray . . .”*

Matthew 6:9–15 (NIV)

## 1. The Six Parts of Prayer

- **Praise:** I begin by expressing my love for God.

*“Our Father in heaven, hallowed be **your** name.”*

Matthew 6:9 (NIV)

### Two Kinds of Praise

**ADORATION**—Praising God for *who he is*.

**THANKSGIVING**—Praising God for *what he has done*.

***Enter** into his gates with thanksgiving, and into his courts with praise. Be thankful to him, and **ble**ss his name.*

Psalm 100:4 (NKJV)

### How to Praise God

- As you read your Bible, make a list of God’s character qualities that you discover and then review them when you pray. [See Prayer Guide #1.]

#### Examples:

God is patient	Numbers 14:18
God is merciful	Numbers 14:18
God is forgiving	Numbers 14:18
God knows everything	1 Samuel 2:2
God is loving	1 John 4:8

*So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us **when we need it most**.*

Hebrews 4:16 (NLT)

**KEY:** God's character is the basis for our boldness in making requests in prayer. We ask with faith when we ask according to God's character. God answers the prayers that acknowledge who he is!

- Remind yourself and affirm the promises God has made that are contained in the meaning of his names. [See Prayer Guide #2.]
- Make a list of all that you are thankful for and review it when you pray. [See Prayer Guide #3.]

• **Purpose:** I commit myself to doing God's will.

*"Your kingdom come, your will be done, on earth as it is in heaven."*

Matthew 6:10 (NIV)

Pray for God's will to be done in your family, your church, your ministry, your job, your future, your city, your nation, your world.

*Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer.*

Romans 12:1 (GNT)

• **Provision:** I ask God to meet my daily needs.

*"Give us today our **daily** bread."*

Matthew 6:11 (NIV)

- What needs can I pray about? All of them!

*And it is he who will supply **all** your needs from his riches in glory, because of what Christ Jesus has done for us.*

Philippians 4:19 (LB)

*Since he did not spare even his own Son for us but gave him up for us all, won't he also give us everything else?*

Romans 8:32 (LB)

*You do not have, because you do not ask God!*

James 4:2 (NIV)

**KEY:** Be specific

- Write down our requests, with a promise you are claiming from the Bible, and expect an answer! [See Prayer Guide #4.]

*Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present our requests to God.*

Philippians 4:6 (NIV © 1984)

- **Pardon:** I ask God to forgive my sins.

*“Forgive us our debts.”*

Matthew 6:12 (NIV)

### Four Steps to Forgiveness

- Ask the Holy Spirit to reveal every sin

*Examine me, O God, and know my mind; test me, and **discover my thoughts**. Find out if there is any evil in me.*

Psalm 139:23–24 (GNT)

- Confess each sin specifically

*You will never succeed in life if you try to hide your sins. **Confess them** and give them up; then God will show mercy to you.*

Proverbs 28:13 (GNT)

- Make restitution to others when necessary

*“[When] you remember that your brother has something against you . . . **go at once and make peace with [him]**, and then come back and offer your gift to God.”*

Matthew 5:23–24 (GNT)

- By faith, accept God's forgiveness

*If we confess our sins, he is faithful and just and will forgive us our sins and **purify us** from all unrighteousness.*

1 John 1:9 (NIV)

- **People:** I pray for other people.

*“... as we have also forgiven our debtors.”*

Matthew 6:12 (NIV)

*Pray much for others; plead for God’s mercy upon them; give thanks for all he is going to do for them.*

1 Timothy 2:1 (LB)

The scriptures directly below will help you pray for others:

Ephesians 1:15–19; Colossians 1:3–12; 1 Thessalonians 1:2–3;  
2 Thessalonians 1:11–12

- Make a prayer list of people you want to pray for. You might pray for different people over different days of the week. [See Prayer Guide #5.]

- **Protection:** I ask for protection and direction.

*“And lead us not into temptation, but deliver us from the evil one.”*

Matthew 6:13 (NIV)

Believers face a spiritual battle everyday. Satan wants to defeat us through temptation and fear. By praying for protection, you will have the confidence to face every situation during the day.

*The Spirit who is in you is more powerful than the spirit in those who belong to the world.*

1 John 4:4 (GNT)



## Prayer Guide 2: The Name of God

Did you know that God has several names? They are all in the Bible and each name describes a facet of his character. You can take each of these 8 names and focus individually on what God is really like! Pray the names of God as affirmations of praise!

### 8 HEBREW NAMES OF GOD DECLARE WHO GOD IS

**Jehovah-Shammah** — God is present with me. (Ezekiel 48:35)

You are here! I am never alone!

**Jehovah-Rohi** — God is my shepherd. (Psalm 23:1)

You lead me and feed me and protect me!

**Jehovah-Jireh** — God is my provider. (Genesis 22:14)

You see what I need before I even ask!

**Jehovah-Rophe** — God is my healer. (Exodus 15:26)

You can heal my body, emotions, and relationships!

**Jehovah-Tsidkenu** — God is my righteousness. (Jeremiah 23:6)

You accept me and forgive me because of Jesus!

**Jehovah-M'Kiddish** — God is my sanctification. (Leviticus 20:8)

You make me holy and like Jesus!

**Jehovah-Shalom** — God is my peace. (Judges 6:24)

You give me peace in spite of circumstances!

**Jehovah-Nissi** — God is my banner. (Exodus 17:15)

You are my victory in conflict and confrontation!

Think on the implications of these names and you'll have plenty to praise God for!





## Prayer Guide 5: Prayer List

Make a prayer list of people you want to pray for. You might pray for different people on different days of the week.

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### Family

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### Christian Friends

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### Friends I'd like to see become Christians

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### Spiritual Leaders

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### Government Leaders

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### Others

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## A Daily Quiet Time with God through Prayer and Bible Reading

*But the man who looks into the perfect mirror of God's law, the law of liberty (or freedom), and makes a habit of so doing, is not the man who sees and forgets. He puts that law into practice and he wins true happiness.*

James 1:25 (PH)

### DEFINITION

A Quiet Time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer.

### 1. The Importance of a Daily Quiet Time

Your time alone with God should be the top priority in your schedule for five reasons:

- We were created to have fellowship with God.

*So God created man in his own image . . .*

Genesis 1:27a (NIV)

*“Look! I’ve been standing at the door and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him and he with me.”*

Revelations 3:20 (LB)

- Jesus died to make a relationship to God possible.

*God will surely do this for you, for he always does just what he says, and he is the one who invited you into this wonderful friendship with his Son, even Christ our Lord.*

1 Corinthians 1:9 (LB)

- **Personal time alone with God was Jesus' source of strength.**

*But Jesus **often** withdrew to lonely places and prayed.*

Luke 5:16 (NIV)

See also Mark 1:35 and Luke 22:39.

- **Every person who has been effective in service for God developed this habit.**

Abraham, Moses, David, Daniel, Paul, etc.

- **You cannot be a healthy Christian without it!**

*"Man cannot live on bread alone but on every word that God speaks."*

Matthew 4:4 (GN)

*How can a young man cleanse his way? By living according to your Word.*

Psalm 119:9 (NKJV, NIV)

## 2. The Purpose of a Daily Quiet Time

- **To give devotion to God.**

*Give to the LORD the glory his name deserves. Worship the LORD in [his] holy splendor.*

Psalm 29:2 (GWT)

*He (Hezekiah) was successful, because everything he did for the Temple or in observance of the Law, he did in **a spirit of complete loyalty and devotion** to his God.*

2 Chronicles 31:21 (GNT)

- God deserves our devotion! (Revelations 4:11)
- God desires our devotion! (John 4:23)

- To get direction from God.

*Show me the path where I should go, O Lord; point out the right road for me to walk. Lead me; teach me; . . .*

Psalm 25:4–5a (LB)

### Two Things to Do In a Quiet Time

#### 1. Consider your ways

*Ponder the path of your feet and let all your ways be established.*

Proverbs 4:26 (KJV)

#### 2. Commit your day

*Commit everything you do to the Lord. Trust him to help you do it and he will.*

Psalm 37:5 (LB)

- To gain delight in God.

*Delight thyself also in the LORD: and he shall give thee the desires of thine heart.*

Psalm 37:4 (KJV)

*Your (God's) presence fills me with joy and brings me pleasure forever.*

Psalm 16:11b (GNT)

### FACT

The better I get to know Christ, the more I love Him.

*The objective of your Quiet Time is not to study about Christ, but to actually spend time with him!*

- To grow more like God.

*For as you know him better and better, he will give you, through his great power, everything you need for living a truly good life: . . . the promise to save us . . . and to give us **his own character**.*

2 Peter 1:3a–4b (LB)

*When the Council saw the boldness of Peter and John . . . they were amazed and realized **what being with Jesus had done for them!***

Acts 4:13 (LB)

### 3. How to Begin a Daily Quiet Time

- Select a Specific Time

The best time is when you are at your best.

Whatever time you set, be consistent.

#### How Long Should a Quiet Time Be?

##### 3 Guidelines

1. Start with 15 minutes and let it grow
2. Don't watch the clock!
3. Emphasize quality, not quantity!

• **Choose a Special Place**

*Jesus left the city and went, as he usually did, to the Mount of Olives; . . . he said to them, “Pray that you will not fall into temptation.”*

Luke 22:39–40 (GNT)

**The Important Factor**

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed.*

Mark 1:35 (NIV)

• **Gather the Resources You’ll Need**

- A Bible with readable print.
- A notebook to write down what the Lord speaks to you about and to keep your prayer list.
- A song book if you want to sing!

• **Begin with the Right Attitudes**

*reverance*

\_\_\_\_\_  
*“Be still, and know that I am God.”*

Psalms 46:10 (NIV)

*expectancy*

\_\_\_\_\_  
*Open my eyes to see wonderful things in your Word.*

Psalms 119:18 (LB)

Willingness to obey

“Anyone who wants to do the will of God will know whether my teaching is from God or is merely my own.”

John 7:17 (NLT)

• **Follow a Simple Plan**

**15 Minutes with God**  
A Plan to Get You Started

Relax . (1 minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.

Read . (4 minutes)

See the section on “How to Read God’s Word.”

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.

Reflect . (4 minutes)

See section on “How to Meditate on God’s Word.”

You may use A.P.P.L.I.C.A.T.I.O.N.S. or any of the 6 methods of meditation. Think about what the passage means to your life. Write down your thoughts.

Part of reflecting is *memorizing* verses that speak to you in a special way.

See section on: “How to Memorize God’s Word.”

Record . (2 minutes)

See the section on “How to Apply God’s Word.”

Write out a personal application statement that is practical, passable, and measurable.

*“Thoughts disentangle themselves  
when they pass through the lips and the fingertips.”*

• Request . (4 minutes)

See the section on “The Habit of Prayer.”

Conclude our Quiet Time by talking to God about what he has shown you and making your requests from our prayer list.

#### 4. How to Overcome the Problems with Your Quiet Time

- **The Problem of Discipline**

The first problem in establishing a quiet time that you will face the moment you wake each morning is, “Am I going to get out of bed?” (*The Battle of the Blankets*)

**Suggestions**

- Go to bed on time
- Get up immediately
- Be aware of quiet time robbers
- Fall asleep thinking spiritual thoughts

- **The Problem of Distractions**

Satan will try to use anything to get your mind to wander during a quiet time.

**Suggestions**

- Get out of bed
- Get thoroughly awake
- Read and pray aloud
- Walk during your prayer time
- Keep a notepad nearby

- **The Problem of Dryness**

Sometimes you will feel like you’re not getting anything out of your quiet time. (*The Battle of the Blahs*)

**Never judge your quiet time by your** feelings .

**Possible causes of spiritual dryness**

- Your physical condition
- Disobedience to God
- Rushing your daily time with God
- Not sharing insights with others

• **The Problem of Diligence**

Your greatest problem will be your struggle to stay consistent. “I find Satan fights nothing harder than my quite time.”

**Suggestions**

Make a covenant or vow to God.

Schedule it on our daily calendar.

Be prepared for Satan's excuses.

Leave your Bible open at night to the passage for the next day!

**What if I miss a day?**

Don't get on a guilt trip.

Don't become legalistic.

Don't give up.

It takes 3 weeks for you to become familiar with a new task. Then it takes another 3 weeks before it becomes a comfortable habit.

*Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up.*

Galatians 6:9 (LB)

**A Prayer of Commitment**

Father, I realize that I was created to have fellowship with you.

Thank you for making this privilege possible through Jesus' death.

I know that daily fellowship with you is to be the most important thing in my life. I now want to commit myself to spending at least some time every day with you in a quiet time of Bible reading and prayer. I'm trusting in your strength to help me be consistent.

In Jesus' name, Amen.



Habit Three:

# Tithing–Giving Back to God

*The purpose of tithing is to teach you  
always to put God first in your lives.*

Deuteronomy 14:23b (TLB)

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## How My Giving Reveals My Spiritual Maturity

*Just as you excel in everything else—in faith, in speech, in knowledge, in complete earnestness . . . see that you also excel in this grace of giving.*

2 Corinthians 8:7 (NIV)

### Why God Wants Me to Give: Seven Benefits to My Life

1. Giving makes me more like God.

*“For God so loved the world that he gave his one and only Son . . .”*

John 3:16 (NIV)

2. Giving draws me closer to God.

*“For where your treasure is, there your heart will be also.”*

Matthew 6:21 (NIV)

3. Giving is the antidote to materialism.

*Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way . . . they may take hold of the life that is truly life.*

1 Timothy 6:17–19 (NIV)

4. Giving strengthens my faith.

*Trust in the LORD with all your heart and lean not on your own understanding; . . . Honor the LORD by giving him the first part of all your income, and he will fill your barns . . .*

Proverbs 3:5, 9 (NIV/TLB)

*“Give, and it will be given to you. . . . For with the measure you use, it will be measured to you.”*

Luke 6:38 (NIV)

**5. Giving is an investment in eternity .**

*Tell them to . . . give happily to those in need, always being ready to share with others whatever God has given them. By doing this they will be storing up real treasure for themselves in heaven—it is the only safe **investment** for eternity!*

1 Timothy 6:18–19 (TLB)

**6. Giving blesses me in return**

*A generous man will himself be blessed . . .*

Proverbs 22:9 (NIV)

*A **generous man will prosper**; he who refreshes others will himself be refreshed.*

Proverbs 11:25 (NIV)

**7. Giving makes me happy**

*“There is more happiness in giving than in receiving.”*

Acts 20:35b (CJB)

*The people **rejoiced** . . . , for they had given freely and wholeheartedly to the LORD.*

1 Chronicles 29:9 (NIV)

## What the Bible Teaches about Tithing

### What is tithing?

“Tithe” means “a \_\_\_\_\_ *10th* \_\_\_\_\_ part.”

### What is the difference between a “tithe” and an “offering”?

A “tithe” is giving the \_\_\_\_\_ *first* \_\_\_\_\_ of my income.

An “offering” is anything I give \_\_\_\_\_ *in addition to* \_\_\_\_\_ my tithe.

## Why Should I Tithe? (8 reasons from God’s Word)

**1. Because God**                     *commands it*                     .

*“Ten percent of everything you harvest is holy and belongs to me, . . .”*  
Leviticus 27:30a (CEV)

**2. Because Jesus**                     *commends it*                     .

*“Yes, you should tithe, but you shouldn’t leave the more important things undone.”*  
Matthew 23:23b (TLB)

**3. Tithing demonstrates that God has**           *first place in my life*           .

*The purpose of tithing is to teach you always to put God first in your lives.*  
Deuteronomy 14:23b (TLB)

**4. Tithing reminds me that**                     *everything I have*                      
**was given to me by God!**

*But remember the LORD your God, for it is he who gives you the ability to produce wealth, . . .*  
Deuteronomy 8:18a (NIV)

**5. Tithing expresses my**                     *gratitude to God*                     .

*Each of you must bring a gift in proportion to the way the LORD your God has blessed you.*  
Deuteronomy 16:17 (NIV)

**6. God says that refusing to tithe is**                     *stealing*                      
**from him.**

*“Will a man rob God? Yet you rob me. But you ask, ‘How do we rob you?’ In tithes and offerings. Bring the **whole** tithe into the storehouse, that there may be food in my house.”*  
Malachi 3:8, 10a (NIV)

7. Tithing gives God a chance to prove He exists  
and wants to bless you!

<sup>10</sup>“Bring the whole tithe into the storehouse, that there may be food in my house. **Test me in this**,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out **so much blessing** that you will not have room enough for it. <sup>11</sup>I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit,” says the LORD Almighty.

Malachi 3:10–11 (NIV)

8. Tithing proves that I love God .

“If you love me, show it by doing what I’ve told you.” [Jesus]

John 14:15 (MSG)

Now I want you to be leaders also in the spirit of cheerful giving. . . . This is one way to prove that your love is real, that it goes beyond mere words.

2 Corinthians 8:7b–8b (LB)

**What should I tithe?**

The first part of what I earn, not the leftovers .

*Honor the Lord by giving him the **first part** of all your income.*

Proverb 3:9-10a (TLB)

**Where should I tithe?**

Where I worship .

*Bring the **whole** tithe into the storehouse (Temple).*

Malachi 3:10a (NIV)

**When should I tithe?**

When I worship

*On every Lord’s Day each of you should put aside something from what you have earned during the week, and use it for this offering. The amount depends on how much the Lord has helped you earn.*

1 Corinthians 16:2 (LB)

**How to Remember**

- Create a spending plan and make “My Tithe” your first priority
- Use online giving ( <http://www.saddleback.com/giving/opportunities/tithe/> )
- Teach your children to tithe

## Giving with the Right Attitudes

Give willingly .

*For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.*

2 Corinthians 8:12 (NIV)

*Each of you should give **what you have decided in your heart to give**, not reluctantly or under compulsion . . .*

2 Corinthians 9:7a (TNIV)

Give cheerfully .

*. . . for God loves a cheerful giver.*

2 Corinthians 9:7b (NIV)

Give sacrificially .

*<sup>3</sup>They gave as much as they were able, and **even beyond their ability**. Entirely on their own, <sup>4</sup>they urgently pleaded with us for the privilege of sharing in this service . . . .*

2 Corinthians 8:3-4 (NIV)

Give expectantly .

*Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.*

2 Corinthians 9:6 (NIV)

### The Key to Giving

*First they gave themselves to the Lord; . . .*

2 Corinthians 8:5 (GNT)

### **A Commitment Prayer**

“Father, I know you love me and want what’s best for me. I recognize that all I have, or will ever have, comes from you. I am more interested in pleasing you than in having more possessions. I want you to have first place in my life and I am willing to begin tithing as you have commanded. Out of gratitude for all you’ve done for me, and in expectation that you will continue to provide for me, I commit myself to returning at least the first 10 percent of all I earn back to you. I want to begin investing for eternity. Help me to remain faithful to this commitment. In Jesus’ name, Amen.”

## Stewardship Resources

*Your Money Counts* (Howard Dayton, Tyndale House)

*God and Your Stuff: The Vital Link Between Your Possessions and Your Soul* (Wesley K. Willmer, NavPress)

*Financial Freedom Workshop*—This seven-week financial workshop is held 2–3 times per year on the Lake Forest campus. The Financial Freedom Workshop is a combination of classroom-style teaching and table discussion with trained leaders as mentors at each table. The workshop teaches finances from God’s perspective and how to better manage what He has entrusted to you. Ages 18 and up are invited. A materials cost of \$25 per person is collected at the first meeting; spouses attend for FREE. We highly recommend married couples attend together.

*Crown Financial Ministries*—Crown’s 10-week life-group study is offered quarterly. This study will expose you to God’s perspective on finances, outlined in various biblical principles. In the interactive environment of a small group, you’ll take an in-depth look at what Scripture teaches about work, saving, debt, giving, investing, and much more.

*Managing Our Finances God’s Way*—In this seven-week, video-based, small group study where you will hear from five renowned experts on the subject of biblical financial management. Speakers include Rick Warren, Chip Ingram, Ron Blue, Howard Dayton, and Chuck Bentley. You can purchase this study at the Pavilion after any of the weekend services here at Saddleback Church.

*Financial Peace University*—This is a thirteen-week video-driven class that teaches families how to beat debt, build wealth, and give like never before! FPU is offered at Saddleback’s Lake Forest campus twice each year. The total cost of the class materials is \$100 which will be collected at the first class. Come and be challenged, informed, and motivated to create life-changing habits for a healthier financial future.

*Estate Planning Ministry*—Some of your most significant financial decisions won’t go into effect until you go to heaven. Who will receive your property or act as guardian for your children? Have you been putting off estate planning? Take the next step by coming to our estate-planning seminar. With a well-conceived plan, you can maximize the amount received by your family, and you can convert tax dollars into Kingdom investments! Take the next steps by coming to our estate-planning seminar and learn how to make important decisions for the future. Whether you have a plan in place or not, we encourage you to take a fresh look and allow us to help you address your design and planning challenges.

**Please see [www.saddleback.com/personalfinances](http://www.saddleback.com/personalfinances) for more information on any of the above ministries.**

**Habit Four:**  
**Fellowship—**  
**Enjoying God’s**  
**Family**

*Let us not give up  
the habit of meeting together,  
as some are doing. Instead, let us encourage one another.*

Hebrews 10:25 (GNT)

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## Why is Fellowship So Important?

1. I belong in God's family with other believers.

*Let us do good to all people, especially to those who **belong to the family of believers**.*

Galatians 6:10 (NIV)

*You are members of God's very own family, . . . and **you belong** in God's household with every other Christian.*

Ephesians 2:19 (LB)

*So in Christ we who are many form one body, and each member **belongs** to all the others.*

Romans 12:5 (NIV)

“The Christian, who is not committed to a group of other believers for praying, sharing, and serving, so that he is known, as he knows others, is not an obedient Christian. He is not in the will of God. However vocal he may be in his theology, he is not obeying the Lord.”

Dr. Ray Ortland

2. I need encouragement to grow spiritually.

*Let us think of one another and how we can encourage each other to love and do good deeds.*

Hebrews 10:24 (PH)

<sup>9</sup>Two are better off than one, . . . <sup>10</sup>If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him. <sup>12</sup>Two people can resist an attack that would defeat one person alone. A rope made of three cords is hard to break.

Ecclesiastes 4:9–10, 12 (GNT)

**3. I need accountability to grow spiritually.**

*People learn from one another, just as iron sharpens iron.*

Proverbs 27:17 (GNT)

*Every day . . . keep encouraging one another so that none of you is hardened by the glamour of sin.*

Hebrews 3:13 (JB)

*Brothers, if someone is caught in some sin, you who are spiritual should **restore** him gently. . . . Carry each other's burdens, and in this way you will fulfill the law of Christ.*

Galatians 6:1–2 (NIV)

**4. Christ is present when we fellowship together.**

*“For where two or three come together in my name, I am there with them!”*

Matthew 18:20 (GNT)

**5. There is power in when people pray together.**

*“Whenever two of you on earth agree about anything you pray for, it will be done for you by my Father in heaven.”*

Matthew 18:19 (GNT)

**6. Fellowship is a witness to the world.**

*“My prayer for all of them is that they will be of one heart and mind . . . so . . . the world will believe you sent me.”*

John 17:21 (LB)

**7. I am obligated to serve every other Christian.**

*God has given each of you some special abilities; be sure to use them to help each other.*

1 Peter 4:10 (LB)

*There are different kinds of service to God. . . . you together are the one body of Christ, and each of you is a . . . **necessary part of it.***

1 Corinthians 12:5, 27 (LB)

### The “One-Anothers” of Fellowship (Partial List)

- Serve one another Galatians 5:13
- Accept one another Romans 15:7
- Forgive one another Colossians 3:13
- Greet one another Romans 16:16
- Bear one another’s burdens Galatians 6:2
- Be devoted to one another Romans 12:10
- Honor one another Romans 12:10
- Teach one another Romans 15:14
- Submit to one another Ephesians 5:21
- Encourage one another 1 Thessalonians 5:11

## How Can a Large Church Maintain Close Friendships

Every member needs to be a part of a small group.

[They met] *day after day, in the Temple courts and from house to house.*

Acts 5:42 (NIV)

### Two Types of Church Meetings

- Large Group: Celebration
- Small Group: Fellowship

*Greet the church that meets in their home.*

Romans 16:5 (CEV)

See also Acts 2:26, 8:3, 16:40, 20:20; 1 Corinthians 16:19; Colossians 4:15.

At Saddleback, we believe our church must grow both larger  
and smaller at the same time.

## What is the Purpose of Our Small Groups?

### Acts 2:42–47

1. Grow (Maturity)

*They devoted themselves to the apostles' teaching . . .*

verse 42

2. Belong (Membership)

*. . . and to the fellowship . . .*

verse 42

*They . . . ate together with glad and sincere hearts.*

verse 46

*Get into **the habit** of inviting guests home for dinner or, if they need lodging, for the night.*

Romans 12:13 (LB)

3. Worship (Magnification)

*. . . to the breaking of bread and to prayer.*

verse 42

*. . . praising God and enjoying the favor of all the people.*

verse 47

4. Serve (Ministry)

*They gave to anyone as he had need.*

verse 45

5. Share (Mission)

*And the Lord added to their number **daily** those who were being saved.*

verse 47

# How to Start and Maintain Good Habits

*For God did not give us a spirit of timidity,  
but a spirit of power, of love and of self-discipline.*

2 Timothy 1:7 (NIV)

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## Getting Started

**Step One:** \_\_\_\_\_ *Desire* \_\_\_\_\_

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

**Step Two:** \_\_\_\_\_ *Decision* \_\_\_\_\_

Begin right now! Don't wait. Don't procrastinate. You don't slide into a new habit. "One of these days," never arrives. You must have a starting point. It's easier to break a bad habit today than it will be tomorrow.

*If you wait for perfect conditions, you will never get anything done.*

Ecclesiastes 11:4 (LB)

**Step Three:** \_\_\_\_\_ *Declaration* \_\_\_\_\_

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

*Make vows to the LORD your God and fulfill them.*

Psalm 76:11 (NIV)

**Step Four:** \_\_\_\_\_ *Determination* \_\_\_\_\_

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by "just this once." The act of yielding weakens the will and reinforces your lack of self-control. It takes three weeks to become comfortable with a new habit and it takes another three to four weeks (doing it daily) for it to become a part of your life.

It takes 7 to 21 repetitions to learn something new.

**Step Five:** \_\_\_\_\_ *Do it!* \_\_\_\_\_

Whenever you feel the slightest urge or prompting to practice this new habit—DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your habit, do so!

**Step Six:** Double-up

Get a spiritual partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in the early days before the new habit is firmly rooted in your life.

*And let us consider and give attentive, continuous care to watching over one another, studying how we may stir up (stimulate and incite) to love and helpful deeds and noble activities, . . .*

Hebrews 10:24 (AMP)

*Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up.*

Ecclesiastes 4:9–10 (GNT)

**Step Seven:** Depend on God

Rely on God’s power to help you establish the habit. Remember, Satan does not want you to develop habits that help you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip or discourage you. Pray!

*For the Spirit that God has given us . . . fills us with power, love, and **self-control**.*

2 Timothy 1:7 (GNT)

*For it is God who is at work within you, giving you **the will and the power** to achieve his purpose.*

Philippians 2:13 (PH)

# SADDLEBACK MATURITY COVENANT

*Having committed myself to Membership and in agreement with Saddleback's Maturity Covenant, I commit to practice the habits essential for Spiritual Growth by ...*

- ◆ **A Daily Time With God** Mark 1:35  
*Personal Bible reading and prayer*
- ◆ **A Weekly Tithe To God** 1 Corinthians 16:2  
*Giving the first 10% of my income*
- ◆ **A Committed Team for God** Hebrews 10:25  
*Fellowship with believers in a small group*

\_\_\_\_\_  
Your Signature

  
\_\_\_\_\_  
Pastor Rick Warren

**Class 201 NEXT STEPS**  
Saddleback Church

**C.L.A.S.S.**  
Christian Life and Service Seminars

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Cell  Home  Work

**The 4 Spiritual Habits—How Are You Doing?** Rate yourself from 1 to 5 (1=weakest, 5=strongest)

- The Habit of Daily Time in God's Word	1	2	3	4	5
- The Habit of Prayer	1	2	3	4	5
- The Habit of Tithing	1	2	3	4	5
- The Habit of Fellowship	<input type="checkbox"/> Yes I'm in a group		<input type="checkbox"/> No I'm not in a group		

**The 4 Spiritual Habits—Applying My Next Step:** Check an area you would like help applying in your life and we will contact you with additional resources and support.

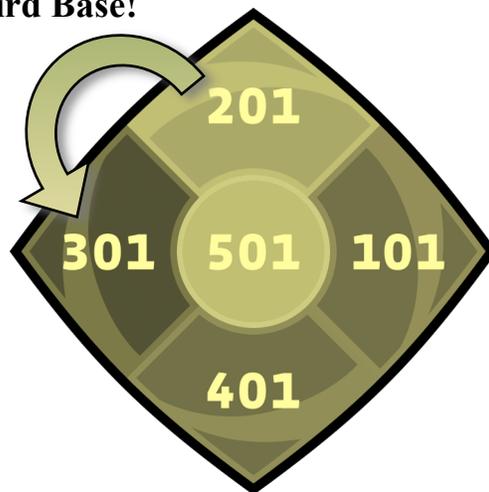
<input type="checkbox"/> The Habit of Daily Time in God's Word	<input type="checkbox"/> The Habit of Prayer
<input type="checkbox"/> The Habit of Tithing	<input type="checkbox"/> The Habit of Fellowship

# What's My Next Step?

## The Purpose Driven Life Development Process

Commit to lifelong growth by joining a small group and attending classes and seminars offered in Saddleback's Spiritual Growth Studies. Use the *Spiritual Health Assessment and Spiritual Health Planner* on page 71 to help you develop a plan to bring God's five purposes for your life into balance.

**Then Go on to Third Base!**



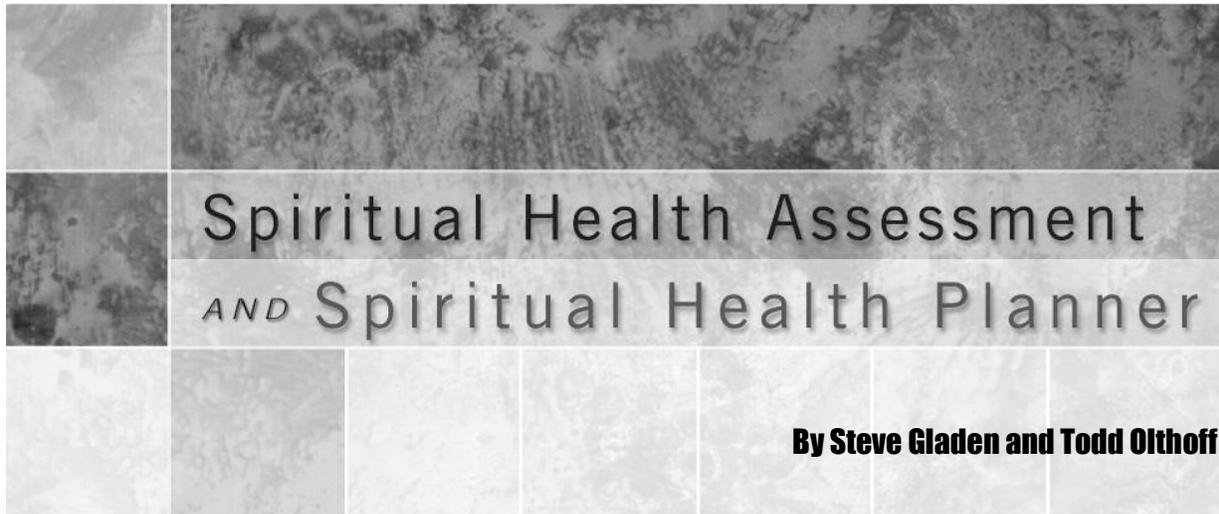
**class 201**

A large green textured area with horizontal lines, resembling a piece of lined paper or a notebook page. The texture is slightly wrinkled and the lines are faint and evenly spaced. The bottom right corner of this area is folded over, creating a shadow effect.

# Appendix

***class 201***





## Spiritual Health Assessment and Spiritual Health Planner

*Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups . . . Test it out. If you fail the test, do something about it.*

2 Corinthians 13:5 (MSG)

In Day 39 of *The Purpose Driven Life*, Rick Warren introduces the concept of a spiritual health assessment. He says that to maintain our physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health we need to regularly check and balance the five vital signs of a healthy Christian life:

**Worship:** You were planned for God's pleasure.

**Fellowship:** You were formed for God's family.

**Discipleship:** You were created to become like Christ.

**Ministry:** You were shaped for serving God.

**Evangelism:** You were made for a mission.

The *Spiritual Health Assessment and Spiritual Health Planner* measures your health at a particular point in time. It is not a tool to see how you measure up against other people; nor is it a tool to see how close you are to perfection. We all know we'll never be perfect this side of heaven. Rather, this is a tool that will help you evaluate your spiritual health, and give you direction for developing a plan to bring God's five purposes for your life into balance.



## How to Use this Assessment and Planner

This *Spiritual Health Assessment and Spiritual Health Planner* is divided into the five purposes of Worship, Fellowship, Discipleship, Ministry, and Evangelism. To get the most out of this tool we suggest you do the following:

### **1. Take the Spiritual Health Assessment.**

Fill out the *Spiritual Health Assessment* on page 67. The assessment will give you a snapshot of your spiritual health and pinpoint areas that may be out of balance. This will help you identify the purposes you would like to work on and those in which you are strong. We also highly recommend that you tear out the *Friend Feedback Assessment* on page 83, and ask a friend or spouse to fill it out for you. Just as with your physical health, it can often be helpful to get a second opinion.

### **2. Find the Purpose You Want to Work On.**

Find the purpose you would like to work on by transferring your assessment scores to the *Spiritual Health Plan* on page 85. We suggest you work on either the purpose with the lowest score on your *Spiritual Health Assessment* or on a purpose the Holy Spirit may be nudging you to consider. When you have selected the purpose, locate the corresponding page in this *Spiritual Health Planner*.

### **3. Choose a Crawl, Walk, or Run Step to Get Started.**

In the *Spiritual Health Planner* you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the *Spiritual Health Assessment*. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

### **4. Transfer the Steps to Your Spiritual Health Plan.**

Transfer the steps you have chosen to the *Spiritual Health Plan* on page 85.

### **5. Find a Spiritual Partner.**

Many of us start out with good intentions but lack the discipline to follow through with our plans. Make it a point to pair up with a spiritual partner who can help you follow through on the growth steps you have chosen to take. A Spiritual Partner is an individual, usually of the same gender, who is committed on an ongoing basis to helping you deal with life and all that it offers. This person should be a good friend who encourages you, helps with accountability when needed, and actively supports you as you take spiritual risks and face challenges unique to your life. One of your fellow small group members is likely to be this kind of friend.

# Spiritual Health Assessment

## Worship: You Were Planned for God's Pleasure

	Doesn't describe me	Partially describes me	3	4	Generally describes me
How I live my life shows that God is my highest priority . . . . .	1	2	3	4	5
I am dependent on God for every aspect of my life . . . . .	1	2	3	4	5
There is nothing in my life that I have not surrendered to (kept back from) God . . . . .	1	2	3	4	5
I regularly meditate on God's Word and invite him into my everyday activities . . . . .	1	2	3	4	5
I have a deep desire to spend time in God's presence . . . . .	1	2	3	4	5
I am the same person in public that I am in private . . . . .	1	2	3	4	5
I have an overwhelming sense of God's awesomeness even when I do not feel his presence . . . . .	1	2	3	4	5
<b>Worship Total</b>	_____				

## Fellowship: You Were Formed for God's Family

I am genuinely open and honest about who I am . . . . .	1	2	3	4	5
I regularly use my time and resources to care for the needs of others . . . . .	1	2	3	4	5
I have a deep and meaningful connection with others in the church . . . . .	1	2	3	4	5
I have an easy time receiving advice, encouragement, and correction from others . . . . .	1	2	3	4	5
I gather regularly with a group of Christians for fellowship and accountability . . . . .	1	2	3	4	5
There is nothing in my relationships that is currently unresolved . . . . .	1	2	3	4	5
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person . . . . .	1	2	3	4	5
<b>Fellowship Total</b>	_____				

## Discipleship: You Were Created to Become Like Christ

I am quick to confess anything in my character that does not look like Christ . . . . .	1	2	3	4	5
A review of how I use my finances shows that I think more about God and others than I do about myself . . . . .	1	2	3	4	5
I allow God's Word to guide my thoughts and change my actions . . . . .	1	2	3	4	5
I am able to praise God during difficult times and see them as opportunities to grow . . . . .	1	2	3	4	5
I find I am making better choices to do what is right when I am tempted to do wrong . . . . .	1	2	3	4	5
I have found that prayer has changed how I view and interact with the world . . . . .	1	2	3	4	5
I am consistent in pursuing habits that are helping me model my life after Jesus . . . . .	1	2	3	4	5
<b>Discipleship Total</b>	_____				

## Ministry: You Were Shaped for Serving God

I regularly use my time to serve God . . . . .	1	2	3	4	5
I am currently serving God with the gifts and passions he has given me . . . . .	1	2	3	4	5
I regularly reflect on how my life can have an impact for the kingdom of God . . . . .	1	2	3	4	5
I often think about ways to use my God-given gifts and abilities to please God . . . . .	1	2	3	4	5
I enjoy meeting the needs of others without expecting anything in return . . . . .	1	2	3	4	5
Those closest to me would say my life is a reflection of giving more than receiving . . . . .	1	2	3	4	5
I see my painful experiences as opportunities to minister to others . . . . .	1	2	3	4	5
<b>Ministry Total</b>	_____				

## Evangelism: You Were Made for a Mission

I feel personal responsibility to share my faith with those who don't know Jesus . . . . .	1	2	3	4	5
I look for opportunities to build relationships with those who don't know Jesus . . . . .	1	2	3	4	5
I regularly pray for those who don't know Christ . . . . .	1	2	3	4	5
I am confident in my ability to share my faith . . . . .	1	2	3	4	5
My heart is full of passion to share the good news of the gospel with those who have never heard it . . . . .	1	2	3	4	5
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him . . . . .	1	2	3	4	5
I am open to going anywhere God calls me, in whatever capacity, to share my faith . . . . .	1	2	3	4	5
<b>Evangelism Total</b>	_____				

Transfer your scores to the Spiritual Health Plan on page 85.



## Spiritual Health Planner

Now that you have completed the *Spiritual Health Assessment* and transferred your scores to the *Spiritual Health Plan* on page 85, you are ready to take the next step toward living a healthy, balanced, purpose driven life.

Choose one purpose from the *Spiritual Health Plan* that you want to focus on. In the following pages you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the *Spiritual Health Assessment*. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

While you may need to challenge yourself to step up to the task, you also need to be realistic in your expectations, otherwise you might become discouraged and give up. So consider starting off with a crawl step—a target you can easily hit in the next thirty days. Then you can move on to a walk step—a tangible goal that will stretch you over the next sixty to ninety days. Finally, choose a run step—something that will require a leap of faith, but through the power of the Holy Spirit will bring you to a whole new level of spiritual maturity.

When you have selected the purpose you want to work on and the steps you want to take, we encourage you to share your decisions with a trusted friend who can help you stay the course by praying for you and holding you accountable. Don't try to do this alone. Isolation can lead to procrastination. But a loving friend can encourage you if you're feeling discouraged and help you up if you fall down.

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

Ecclesiastes 4:9–12 (NIV)

# Worship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on page 85.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
How I live my life shows that God is my highest priority.	Ask a friend or spouse to help you identify your top priorities. What changes do you need to make?	Spend time reading through the life stories of some of the people in the Old Testament. Journal about the characteristics in their lives that demonstrated that God was a priority. What principles could you implement in your own life?	Make it a daily habit to reflect on your activities for that day. Journal or spend time in prayer over how you saw God in your daily activities. How are your priorities shaped by a recognition of God's presence?
I am dependent on God for every aspect of my life.	Wake up with a prayer of thanks to God every morning.	Read through the Psalms. Note all the times the writer of the Psalms talks about his dependency on God. How do those words describe your own dependence on God?	Fast from food or some object on which you normally depend. Focus on God as you fast, and remind yourself how dependent you are on God for your life. Do this on a regular basis.
There is nothing in my life that I haven't surrendered (kept back from) to God.	Take an inventory of your life and note everything you have not surrendered to God. Share your results with a friend. How can you work on these things to surrender them to God?	Set up a plan for giving up one thing you have held back from God. You may need to ask a friend or spouse to hold you accountable to do this.	Regularly fast from the things you have trouble surrendering to God. The "Suggestions" section on the next page lists several helpful tips for fasting.
I regularly meditate on God's Word and invite him into my everyday activities.	Meditate on a verse of Scripture on a daily basis. You may want to take some notes on what you have learned about God.	Set aside time to study God's Word on a daily basis. Pray and ask God for insight into his Word and how it can apply to your daily life.	Memorize Scripture. Choose some Scriptures from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
I have a deep desire to spend time in God's presence.	Give God a one minute prayer every day.	Set aside some time to go on a spiritual retreat to be alone with God.	Identify a place you can go to focus on God and worship him. Make it a habit to spend time in this place on a regular basis.
I am the same person in public that I am in private.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> found on page 83.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> found on page 83.	Set up a regular appointment with a friend, spouse, or mentor to discuss how well you are living a life that is transparent. Allow this person to speak the truth to you and to hold you accountable.
I have an overwhelming sense of God's awesomeness even when I do not feel his presence.	Study the names of God using the Psalms. You may want to keep a journal to remind yourself what you have learned about God.	Prepare yourself for a worship time using the method outlined in the "Suggestions" section on the next page.	Practice the presence of God in your everyday life. Use the methods in the "Suggestions" section on the next page.



# Worship Resources

## Books

*The Purpose Driven Life* by Rick Warren (specifically Days 8 to 14)

*The Way of a Worshiper* by Buddy Owens

*The Unquenchable Worshiper: Coming Back to the Heart of Worship* by Matt Redman

*The Air I Breathe: Worship As a Way of Life* by Louie Giglio

## Small Group Studies (These resources are available at [www.saddlebackresources.com](http://www.saddlebackresources.com).)

*The Way of a Worshiper* (four-week video curriculum)

*Purpose Driven Life Small Group Series: Worship* (seven-week video curriculum)

*Doing Life Together: Surrendering Your Life for God's Pleasure* (six-week video curriculum)

*Surrendering to Christ Together: Six Sessions on Worship*

## Suggestions

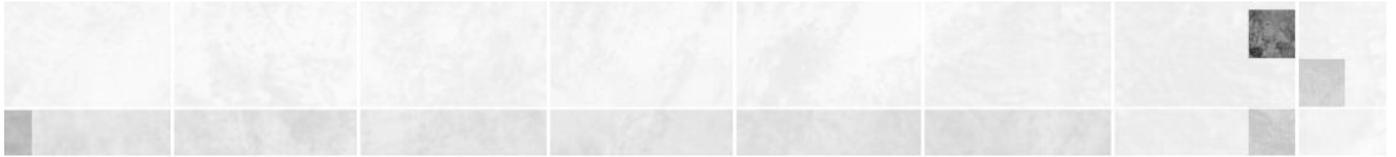
**Practicing the Presence of God:** Practicing the presence of God involves looking for God in every detail of life. To do this you may want to think of God as ever present in every situation, and remember you are never alone. Look at everything you do not as something you do by yourself, but something you do together with God. Spend time speaking with Jesus as if he were right there with you. Take some time to think about him every hour of the day.

**Fasting:** The purpose of a traditional fast is to abstain from food in order to focus clearly on your relationship with God. You can also fast from television, entertainment, reading, or anything that distracts you from God. Those who are diabetic, pregnant, or who suffer from severe physical disorders when fasting from food should fast from other things that are not physically damaging. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- What is the purpose of this fast?
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating to prayer, Bible study, worship, etc. Use it as a time to focus on God.

**Journaling:** Sometimes it is helpful to journal in order to see God's work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having. Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.

**Worship:** Find a place where you can worship God privately. It may be a spot outdoors, in the privacy of your bedroom, or even in your car while commuting to work with a good worship CD. Wherever it is, make a habit of visiting this place regularly and worshipping God there.



**Meditate on God:** Take some time to meditate on who God is and to get a sense of his greatness. You may want to use the Psalms as a guide. Read through a psalm and note what the psalmist says about God's character and about his experiences with God. Take some time to praise God for who he is and for what he has done in your life.

**Worship as a Lifestyle:** Make it a point to see every action as a worship sacrifice to God. When you wake, thank him for the day. As you go to work or school, sing praise music or adore him for who he is. Throughout the day, try to commit every word, thought, and action to him as a way of thanking him and worshiping him, realizing every breath is his gift to us. At home, bring God into every activity. Talk with others about the things God has done in your life.

**Preparation for Corporate Worship:** Spend some time preparing yourself for your church worship service. As you approach the building, take a moment to stop and thank God for your church. Before the service begins, say a prayer of thanks to God. Tell him you are looking forward to meeting him in worship. Pray that God would prepare your heart to worship him. Spend some time praying for the pastor and everyone involved in worship that day. Look around at those entering the church and pray for as many as you can specifically that God would touch their hearts and souls during the service. During worship, try to picture Christ seated on the throne (read Isaiah 6:1–8) and thank him for his sacrifice.

# Fellowship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on page 85.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am genuinely open and honest with others about who I am.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> on page 83. Discuss openly the differences between how your friend/spouse views you and how you view yourself.	Honestly share your faults and struggles with someone who will commit to pray for you on a regular basis.	Give a testimony to your group or church about how God helped you in your struggles.
I regularly use my time and resources to care for the needs of others.	Pray for a need that someone has. Make it a point to ask them about it when you see them and pray for them on the spot.	Find someone who has a need in your small group or at church, and then meet that need.	Rally your small group to care for someone who has a need. Contact the church for more information on people who have needs in the church or community.
I have a deep and meaningful connection with others in the church.	Attend a worship service or class on a regular basis.	Take Class 101, or a similar church membership class, and become a member of your church.	Invite others to church.
I have an easy time receiving advice, encouragement, and correction from others.	Establish a friendship and share something of your life with that person.	Find a spiritual partner and meet with him or her about a specific issue in which you would like to grow.	Be a spiritual partner to someone else.
I gather regularly with a group of Christians for fellowship and accountability.	Attend a small group weekly.	Invite others to your small group.	Lead a small group weekly.
There is nothing in my relationships that is currently unresolved.	Pray for someone you have a conflict with. Make this a regular prayer that will move you towards reconciling the relationship.	Make it a point to seek forgiveness or give forgiveness to someone you have a conflict with.	Mend a broken or hurting relationship in your life, and seek to reconcile with that person.
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person.	Don't participate in gossip.	Challenge those who gossip to speak with the person directly.	Make it a point to share directly with a person instead of talking about the person behind his or her back.



## Fellowship Resources

### Books

*The Purpose Driven Life* by Rick Warren (specifically Days 15 to 21)

*Connecting* by Larry Crabb

*Life Together: The Classic Exploration of Faith in Community* by Dietrich Bonhoeffer

### Small Group Studies (These resources are available at [www.saddlebackresources.com](http://www.saddlebackresources.com))

*40 Days of Purpose* (six-week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Fellowship* (seven-week video curriculum)

*Doing Life Together: Connecting With God's Family* (six-week video curriculum)

*Connecting in Christ Together: Six Sessions on Fellowship*

### Classes

*Class 101: Discovering Our Church Family* (or a similar membership class at your church)

### Suggestions

**Spiritual Partners:** Search out a spiritual partner who will commit to meeting with you regularly and help you grow in your relationship with Jesus. It could be an older person or a peer. Set up a consistent time to meet together. It could be through e-mail conversation or in person. This needs to be a person with whom you can openly share your struggles and ask for prayer, discuss behaviors you need to change and want to be held accountable for, share devotional insights you have learned in your personal study of Scriptures, and talk about general life issues.

**On-the-Spot Prayer:** Prayer is usually a great way to build community with others. The next time a person shares a need or concern with you, stop right there and ask if it is okay to pray for them. Make this a regular habit, and watch what it does for the level of intimacy you have with the people around you.

**Seek Reconciliation:** For many of us, there are strains in our relationships that come from false perceptions or hurts we have chosen to harbor instead of heal. Take a look at your own life. Are there any strained relationships? Are you angry with someone else? Are you holding a grudge? Are you mad at God for not coming through for you? Are you always critical of yourself and others? As you reflect on your answers to these questions (there may be other questions you think of), make it a point to seek to be reconciled to people you are separated from because of these issues. You may want to talk with a counselor or your pastor before you seek reconciliation.

**How Do You Relate?:** What relational problems are unmanageable for you? Are there patterns in your relationships that you repeat over and over again? What bad habits do you bring to your relationships? Many of us experience relational problems due to the ways we relate to others. Make it a point to explore these issues with a counselor, pastor, or spiritual partner.

# Discipleship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on page 85.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am quick to confess anything in my character that does not look like Christ.	Evaluate your character.	Have a friend take the <i>Friend Feedback Assessment</i> found on page 83 and get feedback on the results.	Find a spiritual partner and establish a relationship of accountability.
A review of how I use my finances shows that I think more about God and others than I do about myself.	Give something to the church or someone in need.	Give the first 10% of your income to your church on a regular basis.	Give from your abundance above the first 10%.
I allow God's Word to guide my thoughts and change my actions.	Read one Bible verse a day.	Read the Bible straight through like a story or novel. See the "Suggestions" list on pages 75–76 for more information on how to do this.	Make a regular habit of studying the Bible in depth. You may want to get some tools to help you or take a class at your church.
I am able to praise God during difficult times and see them as opportunities to grow.	During a crisis thank God for all he has done for you and how he will help you grow through this trial. Share what you are learning with a friend or mentor.	Journal about your circumstances to see how God is working in and through them. Spend some time reminding yourself of his work by re-reading what you have written.	Minister to others through the pain you have experienced by joining ministries at church that specifically focus on meeting the needs of those who are struggling where you have struggled.
I find I am making better choices to do what is right when I am tempted to do wrong.	Examine the areas of your life where you struggle with temptation. What are those areas of struggle and what should you start doing to avoid them?	Develop a plan for handling a specific temptation in your life. Find a spiritual partner to help you.	Make confession and repentance a regular part of your time with God. Name the things you have done and commit yourself to making the right choices in the future.
I have found that prayer has changed how I view and interact with the world.	Pray a one sentence prayer from time to time to bring God into your circumstances.	Spend some time praying through structured prayers on a daily basis (see the "ACTS Model" or "The Lord's Prayer" in the "Suggestions" section on pages 75–76).	Make spontaneous prayers a regular part of your day. (See "Flash Prayers" in the "Suggestions" section on page 76).
I am consistent in pursuing spiritual habits that are helping me model my life after Jesus.	Develop the spiritual habit of praying. After waking up, take a moment to offer a prayer to God.	Take Class 201 or a similar discipleship class at your church.	Commit to practicing regular spiritual habits on a daily basis such as quiet time, prayer, etc. Have a spiritual friend help you evaluate which habits you need to implement.



# Discipleship Resources

## Books

*The Purpose Driven Life* by Rick Warren (specifically Days 22 to 28)

*Rick Warren's Bible Study Methods* by Rick Warren

*The Way of a Worshiper* by Buddy Owens

*Knowing God* by J. I. Packer

*Attributes of God* by Arthur W. Pink

*Knowledge of the Holy* by A. W. Tozer

*The Life You've Always Wanted* by John Ortberg

*The Pursuit of God* by A. W. Tozer

*What's So Amazing About Grace?* by Phillip Yancey

## Small Group Studies (These resources are available at [www.saddlebackresources.com](http://www.saddlebackresources.com).)

*40 Days of Purpose* (six-week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Discipleship* (seven-week video curriculum)

*Doing Life Together: Growing to be Like Christ* (six-week video curriculum)

*The Way of a Worshiper* (four-week video curriculum)

*1 Thessalonians 1: A Spiritual Road Map in a Mixed Up World* (six-week video curriculum)

*1 Thessalonians 2: A Spiritual Road Map in a Mixed Up World* (six-week video curriculum)

*James 1: Developing a Faith That Works* (six-week video curriculum)

*James 2: Developing a Faith That Works* (six-week video curriculum)

*Inside Out Living: Small Group Study on the Sermon on the Mount* (six-week video curriculum)

## Classes

*Class 201: Discovering My Spiritual Growth* (or a similar discipleship class at your church)

*Crown Financial Ministries*

*Examine the Evidence: Reasons to Believe for Skeptics and Believers*

*Foundations: 11 Core Beliefs to Build Your Life On* (available at [saddlebackresources.com](http://saddlebackresources.com))

## Suggestions

**Book Study:** Choose a book of the Bible and commit to studying it in depth. Read through the entire book a few times. While doing this, get a basic understanding of how the book is structured, what the author's message is, who he is speaking to, what the book's purpose is, etc. Then start with a section of one chapter and read this through a few times asking the same questions as above. To help you in your study, you may want to pick up a commentary that helps explain things verse by verse.

**The ACTS Model:** The ACTS model of prayer involves breaking our prayers up into different phases or focuses. The "A" stands for adoration. The first portion of our prayers should focus on adoring God for who he is and giving him honor and glory. The "C" stands for confession. A very basic part of prayer is self-examination and coming clean before God about our sin, confessing it, and then turning from it. The "T" stands for thanksgiving. Thanksgiving involves thanking God for who he is and what



he has done. The “S” stands for supplication, which involves bringing our requests before God. This model helps us stay balanced in our prayers and attuned to the will of God.

**Fasting:** The purpose of a traditional fast is to abstain from food in order to focus clearly on your relationship with God. You can also fast from television, entertainment, reading, or anything that distracts you from God. Those who are diabetic, pregnant, or who suffer from severe physical disorders when fasting from food should fast from other things that are not physically damaging. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- What is the purpose of this fast?
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating to prayer, Bible study, worship, etc. Use it as a time to focus on God.

**Journaling:** Sometimes it is helpful to journal in order to see God’s work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having. Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.

**The Lord’s Prayer:** When asked by his disciples to teach them to pray, Jesus gave them what has come to be known as the Lord’s Prayer. The Lord’s Prayer is a model of prayer that can be broken up into six R’s. The first three R’s deal with prayers directed toward God. They are: Remember the Lord is near (“Our Father in heaven”—Matthew 6:9); Reflect on who God is (“hallowed be your name”—Matthew 6:9); and Refocus our lives toward his Kingdom and his will (“your kingdom come, your will be done on earth as it is in heaven”—Matthew 6:10). The second three R’s deal with prayers for our needs. They are: Request the needs you have for today (“Give us today our daily bread”—Matthew 6:11); Repent of the sins you have committed (“Forgive us our debts as we also have forgiven our debtors”—Matthew 6:12); and Rest in God’s deliverance and presence in times of temptation (“And lead us not into temptation, but deliver us from the evil one”—Matthew 6:13).

**Flash Prayers:** Frank Laubach talked about “flashing” prayers at anyone you meet. He explained how he would pray silently for those he came into contact with and ask for God’s joy and presence in their lives. He would “flash” these prayers at anyone he saw—people on the bus, the street, in a plane, etc. Take some time to experiment with this approach to prayer. At church you may want to flash prayers at those you pass by or see in the sanctuary. In every instance ask for God’s joy and presence in the person’s life. Then look for the response. Do you notice a difference in them?

**The Bible as Story:** For many people Scripture can become dry because it is read like an encyclopedia. Take some time to read the Bible like a novel. Start at the beginning and read it straight through. Instead of looking for something to apply that day, look for overall themes and indications of what God is like and how he interacts with people.

**Money Management:** Take some time to look over how you manage your money. If you don’t have a budget you may want to establish one. Spend some time praying over what God wants you to do with the money he has given you. This will then help you budget with God’s priorities in mind. If you need help with this it may be a good idea to see a Christian financial counselor.

# Ministry

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on page 85.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I regularly use my time to serve God.	See your family and/or job as a ministry.	Give one hour to serve at your church on a Sunday morning.	Commit to serve in a ministry at church that may require more time.
I am currently serving God with the gifts and passions he has given me.	Volunteer at your church.	Commit to serve in some kind of ministry.	Lead a ministry.
I regularly reflect on how my life can have an impact for the kingdom of God.	List five ways your life can impact the kingdom. Seek a pastor if you need help.	Take Class 301, or a similar ministry class at your church, and discover your S.H.A.P.E. for ministry.	Commit to serve for one year within a ministry that best expresses your S.H.A.P.E.
I often think about ways to use my God-given gifts and abilities to please God.	Take a spiritual gifts survey to discover your strengths.	Meet with your pastor to discover where your spiritual gifts and abilities can best be utilized in your church.	Start a new ministry in or through your church to serve others based on the gifts and abilities God has given you.
I enjoy meeting the needs of others without expecting anything in return.	Discuss with a friend five practical ways you can meet needs around you.	Pick one practical way to meet a need and do it.	Serve at your church on a weekly basis helping out the staff.
Those closest to me would say my life is a reflection of giving more than receiving.	Serve at your church during a weekday helping out the staff.	Take on a volunteer project at your church.	Take on a leadership role within a ministry that best expresses your S.H.A.P.E.
I see my painful experiences as opportunities to minister to others.	Write out how Christ has healed or used a painful experience in your life for God's glory.	Share with a friend or your small group how Christ has healed or used this painful experience for God's glory.	Share this painful experience with your pastor to see if you can use it to help others in your church.



# Ministry Resources

## Books

*The Purpose Driven Life* by Rick Warren (specifically Days 29 to 35)

*The Call* by Os Guinness

*Improving Your Serve* by Chuck Swindoll

*S.H.A.P.E. Finding & Fulfilling Your Unique Purpose for Life* by Eric Rees

## Small Group Studies (These resources are available at [www.saddlebackresources.com](http://www.saddlebackresources.com))

*40 Days of Purpose* (six-week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Ministry* (seven-week video curriculum)

*Doing Life Together: Developing Your Shape to Serve Others* (six-week video curriculum)

*S.H.A.P.E. Finding & Fulfilling Your Unique Purpose for Life* (six-week video curriculum)

## Classes

*Class 301: Discovering My Ministry* (or a similar ministry class at your church)

## Suggestions

**Join a Ministry:** Join an existing ministry at your church that best fits your spiritual gifts, interests, passions, talents, abilities, personality type, and experiences.

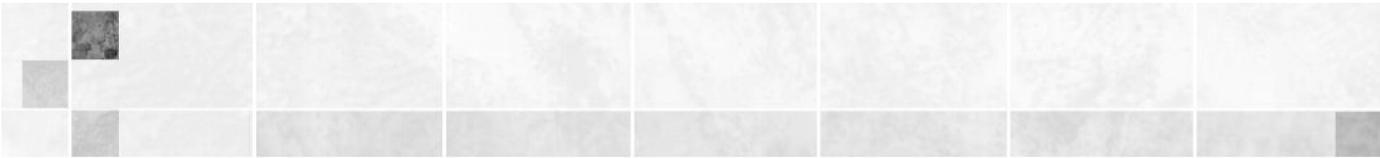
**Jump in Anywhere:** You discover your gifts by getting involved in ministry. If you don't know your gifts and abilities yet, then just find something that sounds interesting and get involved. You'll never know what you're good at until you get started. If it doesn't work out, call it an "experiment" and try something else. "If you wait for perfect conditions, you will never get anything done" Ecclesiastes 11:4 (NLT).

**Start a New Ministry:** You may have an idea for a ministry that does not currently exist at your church. Spend some time in prayer to determine if this ministry idea is something you would like to pursue. If it is, then contact your pastor or church leader who is in charge of ministries.

# Evangelism

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on page 85.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I feel personal responsibility to share my faith with those who don't know Jesus.	Take Class 401 or a similar evangelism class if it is offered by your church.	Lead your small group through an evangelism curriculum.	Lead a small group for seekers.
I look for opportunities to build relationships with people who don't know Jesus.	Invite an unsaved neighbor over for dinner.	Host a "Matthew Party" with your small group where you invite unsaved neighbors or friends over for dinner, a time of fellowship, or a social event.	Lead a seeker small group using <i>the Wide Angle</i> curriculum.
I regularly pray for those who don't know Christ.	Identify names of unsaved people and pray daily for their salvation.	Ask your small group for names of unsaved friends and hold each other accountable to share your faith with them.	Do a prayer walk through your neighborhood, where you walk the block praying for each neighbor and any specific needs they may have.
I am confident in my ability to share my faith.	Write out your testimony and share it with a friend.	Lead your small group through a study focused on evangelism.	Volunteer for a local cross-cultural mission project.
My heart is full of passion to share the good news of the gospel with those who have never heard it.	Do a prayer walk through your neighborhood.	Lead a seeker small group using the <i>Wide Angle</i> curriculum.	Volunteer for a local cross-cultural mission project.
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him.	Write out your testimony and share it with a friend.	Lead your small group through an evangelism curriculum.	Lead a seeker small group at work or in your neighborhood.
I am open to going anywhere God calls me, in whatever capacity, to share my faith.	Pray for an unsaved people group.	Volunteer for a local cross-cultural mission project.	Explore serving on a short-term mission trip.



# Evangelism Resources

## Books

*The Purpose Driven Life* by Rick Warren (specifically Days 36 to 40)

*Becoming a Contagious Christian* by Mark Mittelberg and Lee Strobel

*Dangerous Surrender* by Kay Warren

## Small Group Studies (These resources are available at [www.saddlebackresources.com](http://www.saddlebackresources.com))

*40 Days of Purpose* (six-week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Evangelism* (five-week video curriculum)

*Dangerous Surrender* (three-week video curriculum)

*Wide Angle: Framing Your Worldview* (six-week video curriculum)

*Doing Life Together: Sharing Your Life Mission Everyday* (six-week video curriculum)

## Classes

*Class 401: Discovering My Life Mission* (or a similar evangelism class at your church)

## Suggestions

**Be Ready to Care:** Be ready to care for the hungry or needy wherever you go. Carry gift certificates from your local grocery and department stores like Target or Wal-Mart to give on the spot to those who have need, without worrying about cash. Carry the numbers for local shelters and food services with you so you can help the homeless. Buy an extra hamburger or bagel and share it with someone who needs it.

**Community Compassion:** Look for opportunities to care for the needs of your community. There are many community programs that help share the love of Jesus through meeting the needs of others. Look for ways to take your faith outside the walls of your church.

**Deliver Food:** Set aside some time to volunteer at your local food bank with your family or small group. Make it a special day or evening out. Allow everyone to participate in the food delivery process. Go out for a meal or dessert afterwards and talk about how it felt to serve others. How was Jesus seen through your actions?

**What's Your Style:** You may feel pressure when it comes to sharing Christ because you think you have to "sell" someone on Jesus. Sharing Christ can happen in many different ways. Take some time to explore your style. You could read *Becoming a Contagious Christian* by Lee Strobel and Mark Mittelberg, or attend a class at church. You may be more comfortable speaking directly to people about Jesus; or maybe it is easier for you to let it come up naturally in a conversation. Find your style and begin to share your faith with others.

**Short-Term Mission:** Choose to go on a short-term mission trip. Through these missions trips you get a better understanding of other people's need for Jesus, and a better understanding of the heart of God. Check out the short-term missions opportunities that are available at your church.



**Count Conversations:** Often we can put too much pressure on ourselves to “convert” someone or have all the right answers. It is the Holy Spirit who converts, not us. All you have to do is talk about the gospel (see Matthew 28:19, 20). Instead of counting the number of people you have led to Christ, start counting the number of conversations you have with others about Jesus. You may be shocked to find how easy it is to talk naturally about Jesus when you don’t pressure yourself to convert them.

**Pray for Your Friends:** Make it a point to pray specifically for people you know who don’t know Jesus. You may want to write their names on a bookmark in your Bible or in a prayer journal. Set aside a regular time in your day to pray for them.



# Spiritual Health Assessment and Spiritual Health Planner

## Friend Feedback Assessment Instructions

You have a rare privilege! You have been given this *Friend Feedback Assessment* by someone who trusts you. By asking you to fill it out on their behalf, they are telling you that your opinion matters to them. Most likely, you are a close friend, a spiritual partner, or a spouse who knows this person well, and they know you will respond honestly and prayerfully to this assessment.

Why are they taking the *Spiritual Health Assessment*? To maintain physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health, we need to regularly check and balance the five vital signs of a healthy Christian life:

**Worship:** You were planned for God’s pleasure.

**Fellowship:** You were formed for God’s family.

**Discipleship:** You were created to become like Christ.

**Ministry:** You were shaped for serving God.

**Evangelism:** You were made for a mission.

Your friend has already completed a self-assessment of their spiritual health. But just as with our physical health, it can often be helpful to get a second opinion. That’s where you come in. Your role is really quite simple and should only take a few minutes of your time . . . but it could have a life-long impact on your friend. So here’s what we are asking you to do.

1. **Pray.** Ask God to sharpen your mind and speak to your heart as you fill out the assessment.
2. **Read each statement carefully, and respond to the best of your ability.** If you can’t answer a particular question because you don’t know the person well enough, just give them a “3” for that question. You may want to mark those questions so your friend can identify them know when you return the assessment.
3. **Return the assessment to your friend** and offer to answer any questions they might have.

Keep in mind that the *Spiritual Health Assessment and Spiritual Health Planner* measure our health at a particular point in time. It is not a tool to see how we measure up against other people; nor is it a tool to see how close we are to perfection. We all know we’ll never be perfect this side of heaven. Rather, this is a tool that will help your friend evaluate their spiritual health, and give them direction for developing a plan to bring God’s five purposes for their life into balance.

# Friend Feedback Assessment

## Worship: You Were Planned for God's Pleasure

	Doesn't describe	Partially describes	Generally describes
It is apparent by the way this person lives his/her life that God is his/her highest priority . . . . .	1	2 3	4 5
This person is dependent on God for every aspect of his/her life . . . . .	1	2 3	4 5
There is nothing in this person's life that he/she has not surrendered to (kept back from) God . . . . .	1	2 3	4 5
This person regularly meditates on God's Word and invites him into his/her everyday activities . . . . .	1	2 3	4 5
This person has a deep desire to spend time in God's presence . . . . .	1	2 3	4 5
This person is the same person in public that he/she is in private . . . . .	1	2 3	4 5
This person has an overwhelming sense of God's awesomeness even when he/she does not feel his presence . . . . .	1	2 3	4 5
<b>Worship Total</b>			

## Fellowship: You Were Formed for God's Family

It is apparent that this person is genuinely open and honest about who he/she is, with others . . . . .	1	2 3	4 5
This person regularly uses his/her time and resources to care for the needs of others . . . . .	1	2 3	4 5
This person has a deep and meaningful connection with others in the church . . . . .	1	2 3	4 5
This person has an easy time allowing someone that knows them, speak truth about them . . . . .	1	2 3	4 5
This person gathers regularly with a group of Christians for fellowship and accountability . . . . .	1	2 3	4 5
There is currently nothing in this person's relationships that is unresolved . . . . .	1	2 3	4 5
There is nothing in the way this person talks or acts concerning others that they would not be willing to share with them in person . . . . .	1	2 3	4 5
<b>Fellowship Total</b>			

## Discipleship: You Were Created to be Like Christ

This person is quick to confess anything in his/her character that does not look like Christ . . . . .	1	2 3	4 5
A review of how this person uses their finances shows that he/she thinks more about God and others than he/she does about him/herself . . . . .	1	2 3	4 5
This person allows God's Word to guide his/her thoughts and change his/her actions . . . . .	1	2 3	4 5
This person is able to praise God during difficult times and see them as opportunities to grow . . . . .	1	2 3	4 5
This person finds he/she is making better choices to do what is right when tempted to do wrong . . . . .	1	2 3	4 5
This person has found that prayer has changed how he/she views and interacts with the world . . . . .	1	2 3	4 5
This person is consistent in pursuing habits that are helping them model his/her life after Jesus . . . . .	1	2 3	4 5
<b>Discipleship Total</b>			

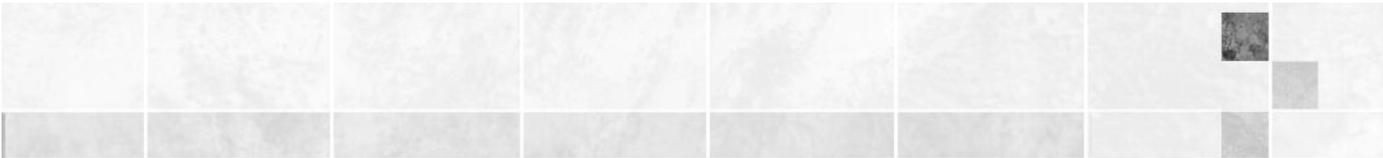
## Ministry: You Were Shaped for Serving God

It is apparent that this person regularly uses his/her time to serve God . . . . .	1	2 3	4 5
This person is currently serving God with the gifts and passions he has given them . . . . .	1	2 3	4 5
This person regularly reflects on how his/her life can have an impact for the kingdom of God . . . . .	1	2 3	4 5
This person often thinks about ways to use his/her God-given gifts and abilities to please God . . . . .	1	2 3	4 5
This person enjoys meeting the needs of others without expecting anything in return . . . . .	1	2 3	4 5
Those closest to this person would say his/her life is a reflection of giving more than receiving . . . . .	1	2 3	4 5
This person is able to see his/her painful experiences as opportunities to minister to others . . . . .	1	2 3	4 5
<b>Ministry Total</b>			

## Evangelism: You Were Made for a Mission

It is apparent that this person feels personal responsibility to share his/her faith with those who don't know Jesus . . . . .	1	2 3	4 5
This person looks for opportunities to build relationships with those who don't know Jesus . . . . .	1	2 3	4 5
This person regularly prays for those who don't know Christ . . . . .	1	2 3	4 5
This person is confident in their ability to share his/her faith . . . . .	1	2 3	4 5
This person finds that their relationship with Jesus comes up frequently in his/her conversations with those who don't know him . . . . .	1	2 3	4 5
This person's heart is full of passion to share the good news of the gospel with those who have never heard it . . . . .	1	2 3	4 5
This person is open to going anywhere God calls them, in whatever capacity, to share his/her faith . . . . .	1	2 3	4 5
<b>Evangelism Total</b>			

*Transfer your scores to the Spiritual Health Plan on page 85.*



# Spiritual Health Plan for \_\_\_\_\_ (your name)

I will share my plan with \_\_\_\_\_ who will be my spiritual partner to help me balance the five biblical purposes in my life.

PURPOSES	PRACTICES	PARTNERSHIP	PROGRESS
<i>What purposes are out of balance?</i>	<i>What do I need to do?</i>	<i>How will my spiritual partner help me in this purpose?</i>	<i>What progress have I made?</i>
<b>Worship</b>  How I scored myself _____  How my friend scored me _____			
<b>Fellowship</b>  How I scored myself _____  How my friend scored me _____			
<b>Discipleship</b>  How I scored myself _____  How my friend scored me _____			
<b>Ministry</b>  How I scored myself _____  How my friend scored me _____			
<b>Evangelism</b>  How I scored myself _____  How my friend scored me _____			

## Answer Key

### Facts about Spiritual Maturity

#### Understanding Discipleship

1. disciples
2. disciplined
3. use me
4. cross bearing
5. daily
6. whatever it takes

#### Four Habits of a Disciple

habits  
commit

### Habit One: Daily Time in God's Word

#### Six Ways to Get a Grasp of the Bible

1. How to Hear God's Word  
95%
2. How to Read God's Word  
daily  
15 minutes
3. How to Study God's Word  
take notes  
ask the right questions
4. How to Memorize God's Word  
review; review; review  
important to us
5. How to Meditate on God's Word  
focused thinking
6. How to Apply God's Word  
relationships
  - It's personal
  - It's practical
  - It's possible
  - It's provable

### Habit Two: Prayer—Talking with God

#### How to Revitalize Your Prayer Life

#### Approach Prayer with the Right Attitude

#### Be Real

- Don't try to impress God
- Don't try to impress others

#### Be relaxed

#### Be revealing

#### Use the Model Jesus Gave Us

#### 1. The Six Parts of Prayer

- expressing my love for God  
Key: God's character
- to doing God's will
- meet my daily needs
  - All of them!
- Key: Be specific
- forgive my sins

### Four Steps to Forgiveness

#### reveal

#### specifically

#### restitution

#### accept

- other people
- protection and direction

### A Daily Quiet Time with God through Prayer and Bible Reading

#### 1. The Importance of a Daily Quiet Time

- created
- died
- source of strength
- service
- healthy

#### 2. The Purpose of a Daily Quiet Time

- devotion
- direction
- delight
- FACT: I love Him
- more

#### 3. How to Begin a Daily Quiet Time

- at your best
- be consistent
- reverence
- expectancy
- willingness to obey

#### 15 Minutes with God

#### Relax (1 minute)

#### Read (4 minutes)

#### Reflect (4 minutes)

#### Record (2 minutes)

#### Request (4 minutes)

#### 4. How to Overcome the Problems with Your Quiet Time

#### feelings

#### Don't get on a guilt trip

#### Don't become legalistic

#### Don't give up

3 weeks

3 weeks

**Answer Key (continued)**

Habit Three: Tithing—Giving Back to God

How My Giving Reveals My Spiritual Maturity

1. more like God
2. closer to God
3. materialism
4. my faith
5. eternity
6. in return
7. makes me happy

What the Bible Teaches about Tithing

10th

first

in addition

Why Should I Tithe

1. commands it
2. commends it
3. first place in my life
4. everything I have
5. gratitude to God
6. stealing
7. He exists
8. love God

The first part of what I earn, not the leftovers.

worship

When I worship.

Giving with the Right Attitudes

Give willingly

Give cheerfully

Give expectantly

Habit Four: Fellowship—Enjoying God’s

Family

1. I belong
2. encouragement
3. accountability
4. present
5. power
6. witness
7. serve

How Can a Large Church Maintain

Close Friendships

small group

larger and smaller

What is the Purpose of Our Small Groups

1. Grow (Maturity)
2. Belong (Membership)
3. Worship (Magnification)
4. Serve (Ministry)
5. Share (Mission)

How to Start and Maintain Good Habits

How My Giving Reveals My Spiritual Maturity

Step One: Desire

Step Two: Decision

Step Three: Declaration

Step Four: Determination

It takes 7 to 21 repetitions to learn something new.

Step Five: Do it!

Step Six: Double-up

Step Seven: Depend on God





A large green textured area with horizontal lines, resembling a sheet of lined paper or a notebook page. The texture is slightly grainy and the lines are thin and evenly spaced. The area is mostly blank, with a small corner folded up at the bottom right.