

## SPIRITUAL GROWTH COURSE

### FOUNDATION HABITS

#### HABIT #1 Seeking God in Everything

- Treat every circumstance as an opportunity to connect with God.
- When you are faced with new ideas, experiences or opportunities replace certainty with curiosity. Ask, “God what are You showing me in this?” Then LISTEN for what God is saying to you.
- When you are faced with problems, disappointments, delays, persecution or bad news run to God first. Ask, “God what are You teaching me in this?” Then LISTEN for what God is saying to you.
- When you are faced with good news, blessings, breakthroughs and accomplishments turn to God first and give Him thanks for His tangible expression of love for you. Then LISTEN for what God is saying to you.

#### Scriptures:

Matthew 7:7-8 (ESV)

*<sup>7</sup> “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. <sup>8</sup> For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

Psalms 25 (ESV)

*<sup>1</sup> To you, O Lord, I lift up my soul.*

*<sup>2</sup> O my God, in you I trust;*

*let me not be put to shame;*

*let not my enemies exult over me.*

*<sup>3</sup> Indeed, none who wait for you shall be put to shame;*

*they shall be ashamed who are wantonly treacherous.*

*<sup>4</sup> Make me to know your ways, O Lord;*

*teach me your paths.*

*<sup>5</sup> Lead me in your truth and teach me,*

*for you are the God of my salvation;*

*for you I wait all the day long.*

<sup>6</sup> *Remember your mercy, O Lord, and your steadfast love,  
for they have been from of old.*

<sup>7</sup> *Remember not the sins of my youth or my transgressions;  
according to your steadfast love remember me,  
for the sake of your goodness, O Lord!*

<sup>8</sup> *Good and upright is the Lord;  
therefore he instructs sinners in the way.*

<sup>9</sup> *He leads the humble in what is right,  
and teaches the humble his way.*

<sup>10</sup> *All the paths of the Lord are steadfast love and faithfulness,  
for those who keep his covenant and his testimonies.*

<sup>11</sup> *For your name's sake, O Lord,  
pardon my guilt, for it is great.*

<sup>12</sup> *Who is the man who fears the Lord?  
Him will he instruct in the way that he should choose.*

<sup>13</sup> *His soul shall abide in well-being,  
and his offspring shall inherit the land.*

<sup>14</sup> *The friendship of the Lord is for those who fear him,  
and he makes known to them his covenant.*

<sup>15</sup> *My eyes are ever toward the Lord,  
for he will pluck my feet out of the net.*

<sup>16</sup> *Turn to me and be gracious to me,  
for I am lonely and afflicted.*

<sup>17</sup> *The troubles of my heart are enlarged;  
bring me out of my distresses.*

<sup>18</sup> *Consider my affliction and my trouble,*

*and forgive all my sins.*

<sup>19</sup> *Consider how many are my foes,*

*and with what violent hatred they hate me.*

<sup>20</sup> *Oh, guard my soul, and deliver me!*

*Let me not be put to shame, for I take refuge in you.*

<sup>21</sup> *May integrity and uprightness preserve me,*

*for I wait for you.*

<sup>22</sup> *Redeem Israel, O God,*

*out of all his troubles.*

#### Psalm 30 (ESV)

<sup>1</sup> *I will extol you, O Lord, for you have drawn me up*

*and have not let my foes rejoice over me.*

<sup>2</sup> *O Lord my God, I cried to you for help,*

*and you have healed me.*

<sup>3</sup> *O Lord, you have brought up my soul from Sheol;*

*you restored me to life from among those who go down to the pit.*

<sup>4</sup> *Sing praises to the Lord, O you his saints,*

*and give thanks to his holy name.*

<sup>5</sup> *For his anger is but for a moment,*

*and his favor is for a lifetime.*

*Weeping may tarry for the night,*

*but joy comes with the morning.*

<sup>6</sup> *As for me, I said in my prosperity,*

*"I shall never be moved."*

<sup>7</sup> *By your favor, O Lord,*

*you made my mountain stand strong;*

*you hid your face;*

*I was dismayed.*

<sup>8</sup> *To you, O Lord, I cry,*

*and to the Lord I plead for mercy:*

<sup>9</sup> *“What profit is there in my death,*

*if I go down to the pit?*

*Will the dust praise you?*

*Will it tell of your faithfulness?*

<sup>10</sup> *Hear, O Lord, and be merciful to me!*

*O Lord, be my helper!”*

<sup>11</sup> *You have turned for me my mourning into dancing;*

*you have loosed my sackcloth*

*and clothed me with gladness,*

<sup>12</sup> *that my glory may sing your praise and not be silent.*

*O Lord my God, I will give thanks to you forever!*

## HABIT #2 Prayers of Absolute Candour

- Tell God what you are really thinking (especially about Him). Then LISTEN for what God is saying to you.
- Tell God how you are really feeling (especially about Him). Then LISTEN for what God is saying to you.
- Tell Him your fears, doubts, shame, needs, anger, despair etc. Then LISTEN for what God is saying to you.

### Scriptures:

Revelations 3:15-18 (ESV)

*<sup>15</sup> "I know your works: you are neither cold nor hot. Would that you were either cold or hot! <sup>16</sup> So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. <sup>17</sup> For you say, I am rich, I have prospered, and I need nothing, not realizing that you are wretched, pitiable, poor, blind, and naked. <sup>18</sup> I counsel you to buy from me gold refined by fire, so that you may be rich, and white garments so that you may clothe yourself and the shame of your nakedness may not be seen, and salve to anoint your eyes, so that you may see.*

Psalms 51:1-19 (ESV)

*To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba.*

*<sup>1</sup> Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.*

*<sup>2</sup> Wash me thoroughly from my iniquity,  
and cleanse me from my sin!*

*<sup>3</sup> For I know my transgressions,  
and my sin is ever before me.*

*<sup>4</sup> Against you, you only, have I sinned  
and done what is evil in your sight,  
so that you may be justified in your words  
and blameless in your judgment.*

- <sup>5</sup> Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.
- <sup>6</sup> Behold, you delight in truth in the inward being,  
and you teach me wisdom in the secret heart.
- <sup>7</sup> Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.
- <sup>8</sup> Let me hear joy and gladness;  
let the bones that you have broken rejoice.
- <sup>9</sup> Hide your face from my sins,  
and blot out all my iniquities.
- <sup>10</sup> Create in me a clean heart, O God,  
and renew a right spirit within me.
- <sup>11</sup> Cast me not away from your presence,  
and take not your Holy Spirit from me.
- <sup>12</sup> Restore to me the joy of your salvation,  
and uphold me with a willing spirit.
- <sup>13</sup> Then I will teach transgressors your ways,  
and sinners will return to you.
- <sup>14</sup> Deliver me from bloodguiltiness, O God,  
O God of my salvation,  
and my tongue will sing aloud of your righteousness.
- <sup>15</sup> O Lord, open my lips,  
and my mouth will declare your praise.
- <sup>16</sup> For you will not delight in sacrifice, or I would give it;  
you will not be pleased with a burnt offering.
- <sup>17</sup> The sacrifices of God are a broken spirit;  
a broken and contrite heart, O God, you will not despise.

<sup>18</sup> *Do good to Zion in your good pleasure;*

*build up the walls of Jerusalem;*

<sup>19</sup> *then will you delight in right sacrifices,*

*in burnt offerings and whole burnt offerings;*

*then bulls will be offered on your altar.*

## HABIT #4 Deliberate Gratitude

- Make a list of special times when you have experienced the joy of God. These are times when you can recall the emotions you felt and how your senses were activated. (E.g. the colours of the sunset, the anxiety draining from your chest, the breeze on your face, the smile of God shining on your heart.) Revisit these memories frequently.
- Set aside a daily time to review the past period of time (e.g. before going to sleep).
  - Call to mind the events that have transpired.
  - Savour again the events that gave you joy and thank God for them.
  - Recognize the events that did not go as expected and the mistakes/sins you may have committed. Ask for forgiveness and give thanks for these too knowing God can and will use them for your good.
- Practice intentionally sharing what you are grateful for with close family and friends. (Perhaps over meals.)

### Scriptures:

Psalm 9:1-2 (ESV)

*<sup>1</sup> I will give thanks to the Lord with my whole heart;*

*I will recount all of your wonderful deeds.*

*<sup>2</sup> I will be glad and exult in you;*

*I will sing praise to your name, O Most High.*

Psalm 100:4-5 (ESV)

*<sup>4</sup> Enter his gates with thanksgiving,*

*and his courts with praise!*

*Give thanks to him; bless his name!*

*<sup>5</sup> For the Lord is good;*

*his steadfast love endures forever,*

*and his faithfulness to all generations.*

Ephesians 5:17-20 (ESV)

*<sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making*



*melody to the Lord with your heart, <sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,*