

My Spiritual Journey

Restoring My Soul – Session #10

Based on *Restoring My Soul* by Bill Flatt

*God said, "Build a better world." And I said, "How?
The world is such a cold place and so complicated now.
And I so young and useless, there is nothing I can do."
But God, in His wisdom, said, "Just build a better you."
- Anonymous*

Read Romans 5:1-5. What are some times in your life that have built spiritual resilience? Write them down below, and share a couple of those times with a person next to you.

If I want to build spiritual resilience, I must understand the importance of...

1. Learning from Others

- We are all in a cycle of spiritual growth. We are born again (John 3:5), we become babes in Christ (Hebrews 5:13-14), and our goal is to be made in the image of Christ (Romans 8:9), to be full grown (Ephesians 4:13-16) and mature (Matthew 5:48).
- How did Jesus grow in Luke 2:52? Should that be a model for us? If so, how?

2. A New Birth Process

- It seems that every one of us has a desire for a deep, resilient spirituality. In most world religions, there is some kind of "new birth process," in which one is enlightened and brought into fellowship with God.
- Have you experienced that spiritual birth process? If so, have you been maturing spiritually? How can we tell if maturity is taking place?

3. A Meaningful Church Membership

- 1 Corinthians 12 – Paul makes the famous comparison of the church to a body.
 - When one part of the body celebrates, the entire body should celebrate. For instance, when you put a ring on the finger of your fiancé during a wedding, it isn't just the finger that rejoices – it is the entire person.
 - When one part suffers, the entire body should suffer. For instance, think about how it feels to stub your small toe.
- Galatians 6:2 – We are called to bear one another's burdens.
 - How do we do that?
 - How does this command relate to meaningful church membership? Why is that important?

4. Overcoming Trials

- In *A Spiritual Strategy for Counseling and Psychotherapy*, Allen Bergen and P. Scott Richards detail the spiritual growth process. They say that it consists of 5 steps –
 1. You see yourself as a spiritual being accountable to God, who is Spirit.
 2. You recognize and utilize your spiritual resources.
 3. You list your beliefs and values.
 4. When given choices, you live congruent with those behaviors and values.
 5. Then, you grow spiritually.
- What are your core beliefs and values? Use the space below to list them, and then think through some actions that are consistent with those, and some that aren't.

5. An Active Ministry

- Bill, the founder of Alcoholics Anonymous, found out that he could help his friends stay sober more easily when he was sober.
- Read Ephesians 4:11-12. According to this passage, who is responsible for doing the work of ministry? Is that different than the way the term “minister” is often used?

6. Seeing God's Glory in Creation

- Read Psalm 19:1-4. What kind of revelation is described here? What does this revelation teach us about God?
- One historian wrote of the persecution the church faced by the Roman Empire. During one stretch of time, the Roman government thought that if they could destroy all the church's materials - crosses, buildings, Bibles, etc., they could stamp out Christianity. As they continued their destruction of these things, one official bragged to a church leader, “We have destroyed all of the symbols of your faith – your church buildings, crosses, and Bibles – so your faith is gone. Christianity has been destroyed.” The church leader replied, “What are you going to do with the moon and stars?”

7. Choosing Appropriate Goals

- What kinds of life goals should we have, according to these verses?
 - Colossians 3:2 -
 - Matthew 6:33 -
 - Hebrews 6:1 -
 - 1 John 3:2 -
- Use the space below to record some goals you have for your life.