

## Foundation Series

### Week 4 – Growth/Discipleship

#### Engage

- What are some valuable life lessons you have learned as you have grown and matured?
- What are some life lessons that your parents or mentors taught you growing up that you use today?
- Have you taught those same life lessons to your children or others? Have you added any new ones?
- Can you give a succinct definition of spiritual maturity?
  - one definition is it's the process whereby we become more like Jesus everyday- our values, our priorities, our actions, motivations. We grow in Christ-likeness (or more like Christ)

#### Explore

Colossians 2:6-7

**6** So then, just as you received Christ Jesus as Lord, continue to live your lives in him, **7** rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

<https://www.biblegateway.com/passage/?search=Colossians+2&version=NIV>

#### **Who is this written to?**

A group of people, a congregation, so there is a corporate application, the expectation that these truths will be developed and refined in the context of relationships. There is an assumption we can support and encourage other as we move towards maturity.

#### **What does the word “continue” suggest in v6?**

Assumption that this movement towards becoming more and more like Jesus is on-going, progressive. There is movement and direction. A development

#### **What happens to our physical bodies when we stop developing?**

When Doctors observe some type of regression or lack of expected development?

Indicates some type of underlying problem- a disease or sickness. The natural- and supernatural order of things is to continue to grow and develop.

In these verses, Paul uses 4 different word pictures or metaphors to describe this process of becoming more and more like Jesus:

#### **1st Word Picture**

- What's the first word picture? v6
  - “Rooted” - the root system of the plant
- What are the 2 primary functions of a plant's root system?
  - nourishment and stability
- How are Nourishment and Stability connected to spiritual maturity?
  - Nourishment - nourishment is taken in through the roots and passed through the rest of the plant. If we are going to be healthy (growing is a sign of health), we must draw on the nourishment that Christ provides.
  - The plant must have a healthy root system if it is going to produce good, healthy fruit.

- Fruit of the Spirit is simply the character traits of Jesus himself being formed in us, and revealed in our lives
- Gal 5:22,23 - 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control.
- Stability - a plant needs a strong root system to provide an anchor point so that it won't be easily uprooted by the wind and the rain. Mature faith is able to handle adversity, the ability to look beyond our circumstances, to believe Christ is at work, even in the midst of difficult circumstances.

## 2<sup>nd</sup> Word Picture

"Built Up in your faith"

- What is it describing?
  - Idea of building project. We are God's workmanship. There is a blueprint, a master plan.
    - Eph 2:10 - <sup>10</sup>For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
  - We start with the end in mind
    - Phil 1:6 - "he who began the good work in you will see it through to it's completion"
  - It is a lifelong process of becoming more and more like Jesus

## 3<sup>rd</sup> Word Picture

- What's the "strengthened in your faith"

1 Peter 4:9-10 - Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. <sup>10</sup>And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

- muscles, body development
- a strong faith is one that is overcomes
- stands up to opposition, not easily intimidated
- one that resists and overcomes
- Has there ever been a time when you were acutely aware that you were in a spiritual battle?  
or have you ever witnessed someone going through a spiritual battle.
- How was yours or their faith impacted?

## 4<sup>th</sup> Word Picture

"overflowing with thankfulness" - A metaphor is a spring or artesian well that is a constant source of life-giving water that flows to the surface.

- Based on this passage, what is it that we are constantly to be giving thanks for?
  - we usually are thankful for the "good stuff that happens", the blessings and answers to prayer.
  - In this case, we are simply thankful for the presence of Christ in our lives, his continued and constant work, so that we become more like him

## Apply

How does being a part of a Care Group facilitate or encourage your personal growth?

- We share insights that we have discovered in our own journey, Truth that has become true for us.
- When we study together, we have different perspectives, different ways of looking at things
- We encourage each other. Sometimes our root system is more like ground cover, where the roots are intertwined. We have to lean on each other

- We share our experiences, our struggles, our victories. It is not simply academic but, “this is how I have experienced this to be true in my life.”