



## **Growth Tracks #1 Grow Relationally**

One of the great truths that we learn from the Bible is that God created humanity – He create you to enjoy a \_\_\_\_\_ with.

The Bible teaches that certain practices, if applied, can help us build a relationship with God. Some of these are called “Spiritual \_\_\_\_\_” because like any healthy relationship, it takes discipline to maintain.

### **1. Prayer**

Prayer is communicating with God.

Read Matthew 6:9-13.

“Our Father in heaven”

“May your name be kept holy”

“May your Kingdom come soon”

“May your will be done on earth, as it is in heaven”

“Give us today the food we need”

“and forgive us our sins, as we have forgiven those who sin against us”

“And don’t let us yield to temptation, but rescue us from the evil one”

“Too often we think of prayer as a way to get God to do things for us or for others, but the highest purpose of prayer is to deepen our relationship with Him” (Our Daily Bread, April 2, 1997).

The Bible states that we are to pray without ceasing (1 Thessalonians 5:17). What do this mean?

What does Amen mean?

Max Lucado has written: "Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference".

## **2. Bible Reading**

For believers, we are blessed to have the Bible available today because it is the central way that God speaks into our lives.

So, in prayer we speak to God. By reading the Bible, we allow God to speak into our life.

Some steps to reading the Bible.

1. Grab a bible.
2. Start with the Gospel of Mark.
3. Get into a daily routine of reading sections of the bible
4. Learn how to interpret what you are reading.

The aim of good interpretation is simple: to get to the "plain meaning of the text". What is God saying to us?

How do we study bible passages?

First, ask God to guide you and what He might be saying to you through the text.

Second, have a good bible dictionary

Third, it's helpful to be a part of a small group of believers

Read Ephesians chapter 6 verses 10 to 18.

## **3. Listening to God's Voice.**

"For he spoke, and it came to be; he commanded, and it stood firm" (Psalm 33:9 NIV).

You belong to God now and so God wants to tell you something.

In this session we have taught that God wants to speak to us through His written Word The Bible. Not only does our Lord speak to us through the reading of the bible, but it is also the measure in which we judge when God speaks to us in other ways. For example, some experience God speaking to them while out walking or listening to a worship song. You measure what you think God is saying to you with God's Written Word. If what you heard contradicts what God says in the Bible, then what you heard is not from God. If it doesn't contradict then you may need to go to the next stage of discernment.

*For the next ten minutes, why don't you try to listen to God. A way you may wish to do this is to turn in your bible to Psalm 85 and read it. And then reread it but slower this time. And then pray the first part of verse 8 asking God to help you hear what He might want you to hear. Don't worry if you don't feel or hear nothing. It takes time and if you are like me, it might take an hour or two.*

Conclusion

God desires to have a relationship with you. How good is our God who wants to enjoy fellowship with us! May your relationship with God build through the spiritual disciplines that include prayer, bible reading, and listening.