

Maintaining Your Christian Life

As we have already established, the Bible describes becoming a Christian as being 'born again'. When you were born a baby, you drank milk and then went onto solids. To develop steady mobility you first began to crawl and then to walk – finally you could run. You grew from a child, to an adolescent and then eventually to a mature adult. The same process takes place when you are spiritually born again. Just as a new born baby needs nourishing food to grow, so a new-born Christian needs to feed on the Scriptures regularly.

Reading the Bible

1. Write out what 1 PT 2:2 means

2. What types of food are needed by infants and the mature? Read HEB 5:11-14.
Infants need

Mature Christians need

3. Read 2 TIM 3:14&15. What does the verse tell us the Scriptures are able to do for us?

4. What does MT 4:4 tell us Christians should live on?

5. Write out what the following verses tell us Scripture will do.

PS 119:105

ROM 10:17

HEB 4:12

EPH6:17

JN 6:63, 68

To grow up as a Christian, it is important for you to read God's word (the Bible) EVERY DAY. There are a variety of ways to approach God's word – reading, memorising, studying and meditating. All of these are important. We will teach more about these things in further studies.

Reading

Thoughtfully, and prayerfully, reading through whole books of the Bible. Some good ones to start with are Mark, John, Acts, Ephesians, James, 1 Peter, 1 John, Proverbs and Psalms.

Memorising

Read PS 119:11. It is good to memorise specific passages of Scripture to use when needed. Some useful Scripture to memorise are JN 3:16, 1 JN 1:9, 1 COR 10:13, 1 JN 5:11, JAS 4:7, JN 1:12, ROM 10:17.

Studying

Reading and discovering the meaning of scriptures; and applying them to your own life. You can also choose to study particular themes (i.e.) Jesus life on earth, healing, deliverance etc.

Meditating

Take a verse or verses and ask the Lord to speak specifically to you from it/them. Asking questions like, 'is there a command here to be obeyed?', 'a promise to be claimed?', 'a sin to turn from?', 'guidance for my life?' etc.

Prayer

Prayer is the exciting communication with the living God. Christianity is based on having a relationship with the living God, not a religion.

JN 17:3 "Now this is _____; that they may _____ You, the only true God, and _____ whom You have sent."

Meaningful, ongoing relationships need healthy, two-way communication. For example, if you never communicated or listened to your wife, friend, family member, parent etc, your relationship with these people would not grow.

God speaks to us most often through the Bible (there are other ways He uses less often) and we speak to Him in prayer. Prayer is just speaking to God as you would speak to another person.

1. What did Jesus teach us about prayer in LK 18:1?

2. Study MT 6:5-14. This is a pattern of particular items you should include in your prayer (e.g. worship, dedicating your life to God, asking for needs, confession, etc).

3. How can you be sure that God hears your prayer? 1 JN 5:14&15

Different Kinds of Prayer

There are different kinds of prayer. Here are some of them –

- Petition – asking God for any particular needs you may have
- Thanksgiving – thanking God for what He has done
- Praise and Worship – similar to thanksgiving but centred on who God is
- Intercession – praying for someone else
- Binding and Loosing – taking authority over the devil

Who Do We Pray To?

Prayer is simply talking to God in your own words. All our prayer should be directed to Him – not to any other person, image or power. We have direct access through Jesus. Read HEB 10:19-23, HEB 4:16.

You pray to the Father, through Jesus Christ, in the power of the Holy Spirit. You can also fellowship with Jesus in prayer. You can talk to Him any time of the day or night.

A Quiet Time

Some people find it helpful to set aside time regularly to spend talking to God and/or reading the Bible. This time is often referred to as a 'quiet time'. When you spend time with God is relatively unimportant. The important thing is that you spend time with Him everyday.

Relationships With Other Christians

You will become like the people you spend time with.

Write out 1 COR 15:33

Study eight will cover this subject in more detail. It is very important for your growth that you spend time with other Christians who have a personal relationship with Jesus, and who are connected to a thriving local church.

Write out HEB 10:25
