

FAITH TRACKS: Day 5

Basic Guides to Spiritual Growth - Track 4 (Thursday)

HOW CAN I GROW IN MY RELATIONSHIP WITH CHRIST?

When you become a Christian, you enter into a personal relationship with God. This relationship is a result of what Jesus Christ did for you on the cross. So, how can you develop this relationship with God? Let's first try to get a better understanding of relationships.

1. TYPES OF RELATIONSHIPS

Let take a look at a few different types of relationships. First, let's suppose that you have been friends with someone for a year and neither of you talked at all. How would you describe this kind of relationship?

Next, let's suppose that you have been friends with someone for a year but just one of you did all the talking. How would you describe this kind of relationship?

What is missing in these two relationships? _____

What kind of communication is needed? _____

2. TWO-WAY COMMUNICATION WITH GOD

As we just discussed, in order to develop a quality relationship with someone, you need two-way communication. This is also true in our relationship with God. God talks to us through the Bible, and we talk to God through prayer.

Let look at what God's Word says about these things.

a. God communicates to us through the Bible.

Write out Romans 8:28: _____

In your own words, explain what you think God is saying in this Scripture verse. _____

Read Philippians 4:19. What does this verse say to you personally?

b. We communicate to God through prayer.

Prayer is simply talking to God. Write out Philippians 4:6-7:

What does this verse say not to do? _____

What does this verse instruct us to do? _____

What benefit do we receive by praying? _____

3. PERSONAL TIME WITH GOD

If you want to grow in your relationship with Christ, it is vital that you spend time getting to know Him. Let's see what He says about this.

Write out Psalm 1:1-3: _____

Many people refer to the time they spend getting to know God each day as their quiet time or personal time with God. It's important that you make time to do this regularly. When would be a good time and place for you?

4. GETTING STARTED

When having a quiet Time, two important ingredients to include are:

1. *Talking to God in prayer*

2. *Letting God speak to you from the Bible*

For new Christians, a good place to start reading the Bible is in the Gospel of John. Begin with prayer, asking God to teach you about Himself through your time alone with Him. Then choose a verse or phrase to read and study. You might even journal your prayers and observations.

You will learn more about this in the next study, Spending Time with God: A Spiritual Workout.