A Deepening Manual for Growth Repening Manual for Growth NEW Way



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# Foreword

A Deepening Manual for Growth — New Knowledge New Way is a sequel to A Growth Manual for Newborn Christians — A New Life with a New Orientation. It was written to help Christians attain a further understanding of God, whom they believe in, and of their own faith, as well as knowing how to lead a new way of life worthy of the calling they have received.

After a newborn Christian has received individual or group nurturing, he can start his self-nurturing with this booklet, or receive further training arranged by the Church, individually or in a group.

We have also prepared *A* Handbook for the Deepening Manual for Growth as an attachment to this booklet, providing an answer key for each of the individual chapters. The Handbook also includes a list of all the verses referred to in this booklet in the order of their appearance. The Handbook can be downloaded free at the EE Hong Kong website.

May all the Christians using this booklet not only acquire the essential "new knowledge" through dedicated studies but also live, by the grace of God, a "new way" of life that bears a greater resemblance to that of Christ.

Peter HP Li July, 2006

# New Knowledge New Way A Deepening Manual for Growth

Handbook — for follow-up counselors

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#### Handbook

# 1) Knowing God

#### I. God is righteous and loving

- **19** holy (I Peter 1:15)
- 14 sin (Exodus 34:7b)
- 12 love (I John 4:8b)
- 13 sinners (Romans 5:8)
- 10 righteous (Psalms 89:14)

### II. God is invisible

- 1. 4 spirit (John 4:24)
  - 6 everything in the universe (Romans 1:19-20)
  - 5 Jesus Christ (John 1:18)
- 2. 17 knowledge (Jeremiah 17:10)
  - 16 feelings (John 3:16)
  - **18** will (Isaiah 53:10a)

#### **III. God's Trinity**

- **20** one (Deuteronomy 6:4)
- **11** *three (Matthew 3:16-17)*

#### IV. God is I AM WHO I AM

- 9 Creator (Genesis 1:1)
- 8 never changes (James 1:17)
- 7 I AM WHO I AM (Exodus 3:14a)

### V. Other attributes of God

- 1. **3** omnipotent (Matthew 19:26)
- 2. 1 omniscient (Psalms 139:2-4)
- 3. 2 omnipresent (Psalms 139:7-10)
- 4. **15** *faithful (Deuteronomy 7:9)*

I Peter 1:15	But just as he who called you is holy, so be holy in all you do
Exodus 34:7b	Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation.
I John 4:8b	God is love.
Romans 5:8	But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
Psalms 89:14	Righteousness and justice are the foundation of your throne; love and faithfulness go before you.
John 4:24	God is spirit, and his worshipers must worship in spirit and in truth.
Romans 1:19-20	What may be known about God is plain to them, be- cause God has made it plain to them. For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.
John 1:18	No one has ever seen God, but God the One and Only, who is at the Father's side, has made him known.
Jeremiah 17:10	I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve.

John 3:16	For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
Isaiah 53:10a	Yet it was the LORD's will to crush him and cause him to suffer.
Deuteronomy 6:4	Hear, O Israel: The LORD our God, the LORD is one.
Matthew 3:16-17	As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."
Genesis 1:1	In the beginning God created the heavens and the earth.
James 1:17	Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
Exodus 3:14a	God said to Moses, "I AM WHO I AM."
Matthew 19:26	Jesus looked at them and said, "With man this is impossible, but with God all things are possible."
Psalms 139:2-4	You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O LORD.
Psalms 139:7-10	Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.
Deuteronomy 7:9	Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.

# 2 Knowing Jesus

## I. Jesus is the true God who became flesh

- *1.* **1** *infinite God (John 1:1)* 
  - 7 *infinite man (John 1:14)*
- 2. 11 equality (Philippians 2:6)

### II. He is the Lord who has risen from the dead

- *1.* **3** *savior (Matthew 1:21)* 
  - 8 Salvation (Acts 4:12)
- 2. **14** bore (I Peter 2:24)
  - 12 raised (I Corinthians 15:3-4)
  - 5 Lord (Philippians 2:9-11)
- 3. 18 appeared (Acts 1:3; I Corinthians 15:3-8)
  - **16** the Holy Spirit (Acts 1:8; John 14:16-17)
  - 17 taken up (Acts 1:9)

### III. Jesus will come back

- 1. 9 interceding (Romans 8:34)
  - 2 preparing (John 14:3)
  - 6 come back (John 14:3)
- 2. **10** *tear (Revelation 21:4)* 
  - **15** *death (Revelation 21:4)*

#### VI. Believing in Jesus not only brings us eternal life

- 1. 13 full (John 10:10b)
- *2*. **4** peace (John 14:27)

John 1:1	In the beginning was the Word, and the Word was with God, and the Word was God.
John 1:14	The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father; full of grace and truth.
Philippians 2:6	Who, being in very nature God, did not consider equality with God something to be grasped,
Matthew 1:21	She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."
Acts 4:12	Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved.
I Peter 2:24	He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.
I Corinthians 15:3-4	For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.
Philippians 2:9-11	Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.
Acts 1:3	After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.



I Corinthians 15:3-8	For what I received I passed on to you as of first importance:
T Continuans 15.5-6	that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Peter, and then to the Twelve. After that, he appeared to more than five hundred of the brothers at the same time, most of whom are still living, though some have fallen asleep. Then he appeared to James, then to all the apostles, and last of all he appeared to me also, as to one abnormally born.
Acts 1:8	But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."
John 14:16-17	And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.
Acts 1:9	After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.
Romans 8:34	Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.
John 14:3	And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.
Revelation 21:4	He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.
John 10:10b	I have come that they may have life, and have it to the full.
John 14:27	Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



# 3 Knowing the Holy Spirit

# I. The Holy Spirit is one of the three persons in the Trinity

- 1. 17 sent (John 14:26)
  - 13 eternal (Hebrews 9:14)
  - 3 truth (I John 5:6b)
- 2. 4 knowledge (I Corinthians 2:11)
  - 8 love (Romans 15:30)
  - 2 will (I Corinthians 12:11)

#### II. The major work of the Holy Spirit on Man

- 1. 9 conscious of sin (John 16:8)
  - 5 moves (I Corinthians 12:3)
- 2. 7 counselor (John 14:16)
  - 14 understanding (John 16:13)
  - **12** follow (Ezekiel 36:27)
- 3. 10 power (Acts 1:8)
  - 16 Holy Spirit (Galatians 5:22-23)
- 4. 18 keep in step with (Galatians 5:25)

### III. To be filled with the Holy Spirit

- *l.* **1** gatherings (Acts 2:1,4)
- 2. 6 baptism (Acts 2:38)
- 3. 11 prayers (Acts 4:31; 8:15)
- 4. 15 listening to God's words (Acts 10:44)

John 14:26	But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.
Hebrews 9:14	How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!
I John 5:6b	The Spirit is the truth.
I Corinthians 2:11	For who among men knows the thoughts of a man ex- cept the man's spirit within him? In the same way no one knows the thoughts of God except the Spirit of God.
Romans 15:30	I urge you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me.
I Corinthians 12:11	All these are the work of one and the same Spirit, and he gives them to each one, just as he determines.
John 16:8	When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment:
I Corinthians 12:3	Therefore I tell you that no one who is speaking by the Spirit of God says, "Jesus be cursed," and no one can say, "Jesus is Lord," except by the Holy Spirit.
John 14:16	And I will ask the Father, and he will give you another Counselor to be with you forever.
John 16:13	But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

Ezekiel 36:27	And I will put my Spirit in you and move you to follow
	my decrees and be careful to keep my laws.
Acts 1:8	But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.
Galatians 5:22-23	But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self- control. Against such things there is no law.
Galatians 5:25	Since we live by the Spirit, let us keep in step with the Spirit.
Acts 2:1, 4	When the day of Pentecost came, they were all together in one place. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit en- abled them.
Acts2:38	Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."
Acts 4:31	After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.
Acts 8:15	When they arrived, they prayed for them that they might receive the Holy Spirit,
Acts 10:44	While Peter was still speaking these words, the Holy Spirit came on all who heard the message.

# 4 Understanding Heresies

## I. Definition of heresies

3 Biblical truth

## II. Characteristics of heresies

- *1.* 9 *true church* 
  - 12 saved
- 2. 1 Christ Jesus
- *3.* **4** *Bible*
- 4. 7 problems

## III. Fallacies of the heresies

- *1.* **8** *one (Deuteronomy 6:4)* 
  - 6 three (Matthew 3:16-17)
- 2. 10 believes (John 6:47)
  - 2 *justified (Romans 3:28)*
- 3. 5 *distortions of the Bible* 
  - 11 moral and ethical principles

Deuteronomy 6:4	Hear, O Israel: The LORD our God, the LORD is one.
Matthew 3:16-17	As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased.
John 6:47	I tell you the truth, he who believes has everlasting life.
Romans 3:28	For we maintain that a man is justified by faith apart from observing the law.

# 5 Understanding the Bible

### I. Writers of the Bible

- 1. 8 inspired (II Timothy 3:16)
  - 7 Holy Spirit (II Peter 1:21)
- *2.* **21** *40* 
  - 1 God

#### II. An Outline of the Bible (see "Contents of the Bible")

- 1. 3 Old Testament
  - **6** 39
  - 2 New Testament
  - 5 27
- 2. a. 12 the Law
  - b. 11 the Historical Books
  - c. 10 Books of Poetry
  - d. 9 Books of the Prophets
- 3. a. 13 Jesus
  - b. 16 the Early Church
  - c. 14 Pauline
    - 15 General
  - d. 18 Revelation

#### **III. Benefits of Reading the Bible**

- 1. 4 like a lamp and a light (Psalm 119:105)
  - 19 do good work (II Timothy 3:16-17)
  - **17** *fruit (John 15:7-8)*
- 2. 24 sins (Psalm 119:133)
- 3. 22 daily meals (Jeremiah 15:16)
  - **20** serve (Ezekiel 3:1-3)
  - 23 face troubles (Job 6:10)

II Timothy 3:16	All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.
II Peter 1:21	For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.
Psalm 119:105	Your word is a lamp to my feet and a light for my path.
II Timothy 3:16-17	All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.
John 15:7-8	If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.
Psalm 119:133	Direct my footsteps according to your word; let no sin rule over me.
Jeremiah 15:16	When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty.
Ezekiel 3:1-3	And he said to me, "Son of man, eat what is before you, eat this scroll; then go and speak to the house of Israel. "So I opened my mouth, and he gave me the scroll to eat. Then he said to me, "Son of man, eat this scroll I am giving you and fill your stomach with it." So I ate it, and it tasted as sweet as honey in my mouth.
Job 6:10	Then I would still have this consolation—my joy in unrelenting pain—that I had not denied the words of the Holy One.

# 6 The Church as Your Family

## I. Christians are the children of God

- 16 believed in
- 15 children (John 1:12)

### II. The Church is God's Household

14 God's household (Ephesians 2:19)

## III. Therefore, Christians should:

- 1. 2 Love one another (John 13:34)
- 2. 1 Live in harmony with one another (Romans 12:16)
- 3. **3** Serve one another (Galatians 5:13b)
- 4. 8 Carry (Galatians 6:2)
- 5. 7 forgiving each other (Ephesians 4:32)
- 6. 4 consider (Hebrews 10:24)
- 7. 6 encourage one another
  - 5 build each other up (I Thessalonians 5:11a)
- 8. 9 Confess your sins (James 5:16a)
- 9. 12 fellowship
  - 10 Praising
  - 13 all the people
  - 11 saved (Acts 2:42-47)

John 1:12	Yet to all who received him, to those who believed in his name, he gave the right to become children of God—
Ephesians 2:19	Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household,
John 13:34	A new command I give you: Love one another. As I have loved you, so you must love one another.
Romans 12:16	Live in harmony with one another. Do not be proud, but be will- ing to associate with people of low position.
Galatians 5:13b	Serve one another in love.
Galatians 6:2	Carry each other's burdens, and in this way you will fulfill the law of Christ.
Ephesians 4:32	Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Hebrews 10:24	And let us consider how we may spur one another on toward love and good deeds.
I Thessalonians 5:11a	Therefore encourage one another and build each other up,
James 5:16a	Therefore confess your sins to each other and pray for each other so that you may be healed.
Acts 2:42-47	They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

# 7 Preaching the Gospel

#### I. Reasons for preaching the Gospel

- 1. 17 preach the good news (Mark 16:15)
- 2. 20 preaching (Matthew 9:35)
- 3. 18 perish (II Peter 3:9)
- 4. **19** gospel (I Thessalonians 2:4)
- 5. 7 hear (Romans 10:13-14)

#### II. Ways of Preaching the Gospel

- 1. 12 good works
- 2. 11 pray
- 3. 13 evangelical media
- 4. **16** use your own writings or drawings
- 5. 14 offerings
- 6. 15 personally

#### III. What do we preach

- 1. 2 gift (Romans 6:23b)
- 2. 1 sinned (Romans 3:23)
- *3.* **3** *love (I John 4:8b)* 
  - 6 punishes (Exodus 34:7)
- 4. 4 became flesh (John 1:14)
  - **10** bore (I Peter 2:24)
  - 5 as a gift (Romans 6:23b)
- 5. 9 Believe in
  - 8 saved (Acts 16:31)

Mark 16:15	He said to them, "Go into all the world and preach the good news to all creation."
Matthew 9:35	Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness.
II Peter 3:9	The Lord is not slow in keeping his promise, as some under- stand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.
I Thessalonians 2:4	On the contrary, we speak as men approved by God to be en- trusted with the gospel. We are not trying to please men but God, who tests our hearts.
Romans 10:13-14	Everyone who calls on the name of the Lord will be saved. "How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?
Romans 6:23b	The gift of God is eternal life in Christ Jesus our Lord.
Romans 3:23	All have sinned and fall short of the glory of God,
I John 4:8b	God is love.
Exodus 34:7	Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation.
John 1:14	The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.
I Peter 2:24	He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.
Romans 6:23b	but the gift of God is eternal life in Christ Jesus our Lord.
Acts 16:31	Believe in the Lord Jesus, and you will be saved—you and your household.

#### Handbook

# 8 Stewardship

## I. Definition

4 entrusted 6 use 1 steward

#### II. Fundamentals

- 1. 5 good things (Psalm 16:2)
  - **9** gifts (James 1:17)
- 2. 2 at a price (I Corinthians 6:20)
- 3. 7 *faithfullly* 
  - **10** grace in its various forms (I Peter 4:10)

### III. Faithful steward of God's grace in its various forms

- 1. **3** bodies
  - 13 worship (Romans 12:1)
- 2. 16 different
  - 14 prophecies
  - 22 teach
  - 8 encourage
  - **11** give (Romans 12:6-8)
- 3. 17 opportunity
  - **12** *will (Ephesians 5:15-17)*
- 4. 24 loves
  - 21 cheerful (II Corinthians 9:7b)
- 5. **15** speak
  - **20** gospel
  - **18** God (I Thessalonians 2:4)
- 6. 19 Serve
  - 23 Lord (Ephesians 6:7)

Psalm 16:2	I said to the LORD, "You are my Lord; apart from you I have no good thing."
James 1:17	Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
I Corinthians 6:20	You were bought at a price. Therefore honor God with your body.
I Peter 4:10	Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.
Romans 12:1	Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleas- ing to Godthis is your spiritual act of worship.
Romans 12:6-8	We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.
Ephesians 5:15-17	Be very careful, then, how you livenot as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but under- stand what the Lord's will is.
II Corinthians 9:7b	God loves a cheerful giver.
I Thessalonians 2:4	On the contrary, we speak as men approved by God to be entrusted with the gospel. We are not trying to please men but God, who tests our hearts.
Ephesians 6:7	Serve wholeheartedly, as if you were serving the Lord, not men,

#### Handbook

# 9 Keep Praying

#### I. The Basic Laws on Praying

- 1. 15 two-way
  - 18 listening
- 2. 17 adoration
  - 16 thanksgiving
- 3. 20 Lord's Prayer(Matthew 6:9-13)
  - **19** Psalms

#### **II. Important Hints on Praying**

- 1. 13 Believe (Mark 11:24)
  - 12 persistent (Luke 18:1-8)
  - 14 good gifts (Matthew 7:1-11)
- 2. 9 Holy Spirit (Ephesians 6:18)
  - 11 in various ways
  - 10 regularly
- *3.* **5** *cherish sin (Psalm 66:18)* 
  - 4 ask with wrong motives (James 4:3a)
  - 7 mediator
  - 6 promises
  - 8 repentant

#### **III.** Promises on prayers

- 3 *anxious*
- 2 thanksgiving
- 1 transcends all understanding (Philippians 4:6-7)

"This, then, is how you should pray: "Our Father in heaven, hal- lowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.
Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.
Then Jesus told his disciples a parable to show them that they should always pray and not give up.He said: "In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, `Grant me justice against my adversary." 'For some time he refused. But finally he said to himself, `Even though I don't fear God or care about men,yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!" "And the Lord said, "Listen to what the unjust judge says.And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"
If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!
And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on pray- ing for all the saints.
If I had cherished sin in my heart, the Lord would not have lis- tened;
When you ask, you do not receive, because you ask with wrong motives.
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



# 10 A Well-balanced Growth

## I. Jesus' example

- 1. 7 wisdom
  - 9 stature
  - 1 God
  - 4 men (Luke 2:52)
- 2. **3** well-balanced
  - **10** spiritual
  - 14 social
  - 2 physical
  - 12 intellectual

### II. On the spiritual side

- 1. 5 discipline
- 2. 6 fasting and praying (Luke 4:1-13)
  - 8 spent the night (Luke 6:12)
  - **28** prayed (Luke 5:16; 9:18; 11:1)
  - 13 onto a mountain (Luke 9:28)
  - 16 often visited (Luke 22:39)

### III. On the social side

- 1. 11 reconciled (Ephesians 2:16)
  - **19** children (John 1:12)
  - **30** household (Ephesians 2:19)
- 2. 17 relatives (I Timothy 5:8)
  - 21 love your neighbor as yourself (Matthew 22:39)

#### IV. On the physical side

- **15** Nutrition
- 20 Exercise
- 22 Water
- 18 Sleep

#### V. On the intellectual side

- 1. 25 cheerful (Proverbs 17:22)
  - 23 in the Lord (Philippians 4:4)
- 2. 27 entertainment
- 3. 29 emotional quotient
  - 24 intelligence quotient
  - 26 self-nurturing

Luke 2:52	And Jesus grew in wisdom and stature, and in favor with God and men.
Luke 4:1-13	Jesus, full of the Holy Spirit, returned from the Jor- dan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hun- gry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man does not live on bread alone." 'The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours." Jesus answered, "It is written: 'Worship the Lord your God and serve him only."'The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. For it is written: " 'He will command his angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone."'Jesus answered, "It says: 'Do not put the Lord your God to the test."'When the devil had finished all this tempting, he left him until an opportune time.
Luke 6:12	One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.
Luke 5:16	But Jesus often withdrew to lonely places and prayed.

Luke 9:18	Once when Jesus was praying in private and his disciples were with him, he asked them, "Who do the crowds say I am?"
Luke 11:1	One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."
Luke 9:28	About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.
Luke 22:39	Jesus went out as usual to the Mount of Olives, and his disciples followed him.
Ephesians 2:16	And in this one body to reconcile both of them to God through the cross, by which he put to death their hostil- ity.
John 1:12	Yet to all who received him, to those who believed in his name, he gave the right to become children of God.
Ephesians 2:19	Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household.
I Timothy 5:8	If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.
Matthew 22:39	And the second is like it: 'Love your neighbor as yourself.'
Proverbs 17:22	A cheerful heart is good medicine, but a crushed spirit dries up the bones.
Philippians 4:4	Rejoice in the Lord always. I will say it again: Rejoice!

#### New Knowledge New Way

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*Published and distributed by* Evangelism Explosion III (H.K.) Ltd.

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*First printed in July, 2006* Serial Number: E119 ISBN-10: 962-7653-72-1 ISBN-13: 978-962-7653-72-1

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