

10 STEPS TO THE **NEW SPIRITUAL YOU**



**A SMALL GROUP STUDY
FOR MATURE CHRISTIANS**

MIKE MAZZALONGO

STUDENT WORKBOOK

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10 Steps to the New Spiritual You

A Small Group Study for Mature Christians

Mike Mazzalongo

This small group series is devoted to mature Christians who want to take their Christian experience to another level of spirituality.



bibletalk.tv/new-spiritual-you

1. The Foundation

This introductory lesson and discussion questions will lay out the path taken by the group for this spiritual journey.

If you could be like anyone in history, who would that be? And why? _____

The First Step to the New Spiritual You: Discipline

Hebrews 6:1 _____

"My job is to get men to do what they don't want to do in order to achieve what they have always wanted to achieve."

The Role of Disciple in Spiritual Maturation

I Timothy 4:7 _____

The Goal: _____

II Timothy 4:6-8 _____

Discussion Questions

1. What thought, feeling or event led you to this study?

2. Describe your best spiritual attribute. Describe your worst fleshly weakness.
(to the degree you are comfortable sharing)

3. Aside from Jesus, which Bible character inspires you? Why?

4. Which of the following Bible characters can you relate to best? Why?

Martha Jacob The elder brother in the parable of the Prodigal son
King Saul Peter Noah Sarah Ruth
King David Barnabas Abraham

5. What is usually the cause of your lack of personal discipline? What do you do/say when you fail?

2. Drawing Closer

In this session, Mike reviews the 4 stages of complete spiritual transformation as well as the second step we need to take towards spiritual maturity.

- Romans 6:12-13 _____

Stage #1 - _____

Stage #2 - _____

Stage #3 - _____

Stage #4 - _____

Intimacy

- Genesis 2:25 _____

1. Conform to His way and will for our lives

- Matthew 22:37 _____

2. Allow God to deal with you on His terms, not yours

The end result of intimacy:

1. _____

2. _____

3. _____

Discussion Questions

1. Would you describe yourself as an "open" person or a "closed" person? Explain why you think that might be.

2. On a scale of 1 (very far) to 10 (very close), how near to God do you feel? What reason has kept you where you are at with God.

3. Share a time or experience when you felt the closest/furthest from God.

4. What is your strongest spiritual discipline (prayer, praise, giving, service, etc.)? Your weakest?

5. How is God dealing with you today? What do you think He wants from you?

3. Decluttering our Lives

In this session Mike will explain the condition that permits intimacy to take place -simplicity.

II Corinthians 3:16-18

Simplicity

Five sources of mind/life clutter:

1. _____
2. _____
3. _____
4. _____
5. _____

- II Corinthians 11:2-3

Simplifying my Life

1. Learn to _____

2. Make time for _____

3. Take charge _____

4. Make time for _____

Discussion Questions

1. Describe what your day would be like if you lost your cell phone. How would it be different?

2. In your opinion, which of the 5 sources of clutter mentioned in the devotional (listed below) most complicates your life? Why?

- Say yes to too many things
- Don't take time to savor accomplishments
- Reliance on tech to simplify life
- No plan for rest or leisure
- Owe more than we can repay

3. Describe in your own words how the Greek word for simplicity (*HAPLOTÉZ*)... a piece of cloth with no crease... adequately describes simplicity. As a group, try to come up with 5 examples. For example, "A piece of cloth with no crease is like simplicity in that..."

4. Describe the first step you would need to take in order to simplify your life.

5. In your opinion, what do you think would be the greatest benefit for you personally if your life was more simple? What is holding you back from making a change?

4. Stillness and Solitude

Mike discusses two important features of spiritual maturity and how each supports the other.

Slowing the pace

- Doug Harvey _____

Selah _____

- Psalm 46 _____

Stillness _____

- John 1:14 _____

Solitude

"People rarely learn something while in a crowd."

Suggestions on cultivating stillness through solitude:

1. _____

2. _____

3. _____

Discussion Questions

1. On a scale of 1 (very slow) to 10 (super fast), how would you rate the pace of your life? Are you satisfied with the pace and why?

2. In your opinion what is the number one factor that determines the pace of your life? What/who should be the primary factor?

3. With all the encouragements and proofs of God's care, why do you think so many believers do not turn to Him in time of need? Why is this so?

4. What stops you from being alone with God?

5. Have the group stop all discussion and movement for 10 minutes and let each write down any thoughts that occur during that time. Share with the group when time is up.

Note: This silent exercise needs to be done by all groups at the same time. Leave 10 minutes at the end of the session for feedback.

5. Surrender

This session takes a look at one of the most difficult of the 10 disciplines on the way to spiritual maturity.

Review _____

1. _____

2. _____

3. _____

4. _____

1. Study _____

- Hebrews 12:2 _____

- Philippians 2:3-4 _____

- Philippians 2:5-11 _____

2. Compare _____

3. Let _____

- John 12:24-25 _____

- Proverbs 3:5-8 _____

Practical ways to let go/surrender:

1. Let go your _____

2. Let go your _____

3. Let go your _____

4. Let go your _____

Discussion Questions

1. On a scale of 1 (very relaxed) to 10 (very controlling), where would you be positioned? What positive/negative effects has this had on your life?

2. What would be the equivalent of "Jesus emptied Himself" for you? What would emptying yourself mean in your life?

3. How are you most/least like Christ?

4. Describe a person you know who is most like Christ and what trait you most admire about them.

5. What do you think Mike means when he says, "The greater the struggle to surrender, the greater the surprise"?

6. Prayer

In this session Mike corrects some of the misconceptions many people have about prayer.

What is prayer?

1. Prayer is not _____
2. Prayer is not _____
3. Prayer is not _____
4. Prayer is not _____

What prayer needs to be:

1. A calling out _____
2. Prayer needs to be _____
3. Prayer needs to _____
4. Prayer needs to be _____

The perils and promises of prayer.

1. Prayer is not a _____
2. Pray to _____
3. God answers prayers _____
4. No matter what - _____

Discussion Questions

1. Share with the group a prayer of yours that was answered/not answered and how that affected your faith?

2. In your opinion, what is the greatest misconception people have about prayer? Why?

3. What is the greatest hindrance in your prayer life? How has this affected you?

4. How would you encourage someone who has given up on prayer? What would you say or do to revive their prayer life?

5. If you had the time or opportunity to offer only one prayer, share with the group what that prayer would be.

7. Humility

The complex discipline of humility is examined by reviewing common attitudes, the battle experienced and everyday habits that are connected to this quality.

Common attitudes regarding humility

1. It is not popular or admired in our culture. _____

2. We appreciate humility in others but rarely want it for ourselves _____

3. Humility is not the result of low self-esteem _____

4. We can measure our success in practicing humility as a discipline _____

The battle for a humble heart

- Mark 10:43-45 _____

- Philippians 2:3-4 _____

Everyday practice tips in the discipline of humility

1. Sit-on the _____

2. Stand-up _____

3. Bow low _____

Discussion Questions

1. Describe the type of pride (or its display) that you dislike the most.

2. What do you believe is the greatest obstacle in your efforts to develop a humble heart?

3. Describe a time or situation when you were able to truly exhibit a humble attitude.

4. Who is your hero of humility (aside from Jesus)? Why?

5. Which of the "tips" is the most difficult for you to practice? Why? Which one do you find easy? Why?

8. Self-Control

Mike talks about the relationship between the Holy Spirit's influence and the discipline of self-control.

The Problem - Romans 7:14-25

Know your enemy

- Galatians 5:17 _____

- Galatians 5:18-24 _____

Winning the war

1. Eyes on _____

- I Corinthians 9:24-27 _____

2. Show your body _____

3. Self-control is a _____

- Romans 8:12-15 _____

Discussion Questions

1. Which are you more vulnerable to, temptations of the body (consumption, illicit pleasure, violence, etc.) or temptations of the heart (pride, honesty, jealousy, self-pity, etc.)? Why do you think this is so?

2. Why do you think some people believe that God will not forgive their sins (or one sin in particular)?

3. When you fail to resist a temptation, what is the usual reason for your failure?

4. Describe your greatest success in exercising your self-control to resist temptation or the return to a bad habit.

- How did this make you feel?

- How did it affect other parts of your spiritual walk with Christ?

5. Do you believe in the 3-second rule mentioned at the end of the lesson?

- If yes, why and describe how it works.

- If no, why?

9. Sacrifice

This session is about sacrifice a discipline that most aligns us with Christ and His life.

If the disciplines we have studied were a mound of precious stones, then sacrifice is the diamond on top.

- Philippians 3:10 _____

What is sacrifice?

Sacrifice is an action or attitude that violates our basic urge of self-preservation.

- Romans 12:1-2 _____

Cultivating the discipline of sacrifice

1. Personal sacrifice _____

2. Relational sacrifice _____

3. Material sacrifice _____

Satan _____

People _____

Your own mind and flesh _____

- Matthew 6:31-32 _____

Discussion Questions

1. Describe the nature and reason for a great sacrifice you have made in your life?

- What, if any, part did God play in your decision?

- Describe if possible, the results of your sacrifice.

- Looking back, would you make the same decision? Why yes? Why no?

2. What holds you back from making material sacrifices?

3. How would adding a sacrificial element to your spiritual personality change you?

4. Name someone who has or would sacrifice for you. Describe other elements of their character.

5. What sacrifice is still out of reach for you? What do you think it would take for you to make it?

10. Perseverance

In this final session Mike will review the purpose and reward of spiritual disciplines and add the tenth and most critical of these.

The purpose and reward of spiritual disciplines _____

- I Timothy 4:7-8 _____

Why spiritual discipline? _____

Review of the ten spiritual disciplines

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

PROSKARTERISIS _____

- II Peter 1:5-8 _____

- John 15:3 _____

Discussion Questions

1. Which of the disciplines do you find the easiest to practice/implement in your life? Why?

2. Which of the disciplines have created the greatest changes in your life? In what way?

3. If you were to teach this course would there be steps you would add or delete? Which ones? Why?

4. In your opinion which is the most difficult step/discipline to maintain? Why?

5. Give a brief testimonial about how this course has changed your life in Christ for the better.

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