

## Session 7: Hitting a “Triple”

- **Teaching:** 10 minutes

As you look more into knowing God, and applying what He teaches you, read **James 1:22-24**. We are to know God's Word, and then doers of God's word. This “doing” will lead to maturity in Christ.

If you've ever heard the eating habit of some of the elite athletes, you may be shocked by how many calories they take in. Michael Phelps has said he ate 8-10 thousand calories during some days of his training! **Why?** Athletes understand a basic principle of food. Food is a fuel. In order to grow in strength and mature in their skill, they must have fuel to burn. If anyone ate this calorie count without the exercise, there would be excessive weight gain. Gluttony would be the response.

Within Christianity we must avoid *spiritual gluttony*. If we continue to take in knowledge without maturing in our spiritual skills and maturing towards love, we accomplish very little for God. Beyond understanding and applying is *maturity*.

- **Small Group Discussion:** 50 minutes

There is a lot of principle packed in these few short verses. It is important here to establish that being wise and mature is not beneficial unless it is maturing towards Christ.

Read **Philippians 3:12-14**.

Christ should continue to remain our focus. As we continue to grow into maturity, we should be growing more and more like Christ.

Read **Ephesians 4:14-15**.

***Have you ever read about (or maybe experienced it yourself) an athlete that has consumed an impressive amount of food? What is the principle here? If this athlete were to stop their exercise while maintaining this eating habit, what would be the result?***

Read **1 Corinthians 8:1**.

***In what ways does knowledge simply puff up while not accomplishing true maturity? In what ways does God's love for us, and God's love working through us accomplish true maturity?***

***What does the writer of Hebrews teach about moving into further maturity in **Hebrews 6:1-3**? Think back to the example of the athlete and their diet, what does “spiritual gluttony” look like? What is the danger of knowing a lot about God while not maturing in action, deeds, or love for Him and for the people God has placed in your life?***

*Paul claims that he has not yet reached any sort of finish line but he continues to press on towards Christ (Philippians 3:12-14). What does this look like if you were to live with this same mentality?*

*How would your life change if you were “grow up in every way into Him who is the head, into Christ” (Ephesians 4:14-15)?*

## **Discover Purpose and Make a Difference**

In the game of baseball, the runner on third is just steps away from crossing home plate. In Christianity, we will continue to mature more and more into the man or woman Christ would desire us to become.

Read **2 Peter 3:18**.

*We must continue to grow and grow for the glory of God.*

# Session 7 Weekly Devotional: Day 1

## Read James 1

We are to know God's Word, and then doers of God's word. *How are YOU "doing" God's Word?*

**F= Focus** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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**I = Investigate** the context around today's Scripture reading. *To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text?* Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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**R = Respond** to the text to make it applicable for your own life. *What is God saying to you personally through this passage? How can you apply what you've read?*

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**E = Engage** God. This can either be a short prayer or an action that you can take that day after reading the text. *Is there a command to follow in the text? How are you different because of what you've learned?*

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## Session #7 Weekly Devotional: Day 2

### Read Philippians 3

*Are you growing in your PRIDE, or in your HUMILITY with Christ?*

**F= Focus** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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## Session #7 Weekly Devotional: Day 3

### Read Ephesians 4

*Christ should continue to remain our focus. As we continue to grow into maturity, we should be growing more and more like Christ.*

**F = Focus** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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## *Session #7 Weekly Devotional: Day 4*

### **Read Hebrews 6**

*What does the writer of Hebrews teach about moving into further maturity?*

**F = Focus** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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**I = Investigate** the context around today's Scripture reading. *To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).*

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