

MESSAGE NOTES:

5  
HABITS  
OF  
SPIRITUAL  
GROWTH



**Accelerate** Part 1

**Bevan Unrau**  
January 22, 2017

**1 Timothy 4:7-8** ...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

**Matthew 26:40-41** Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Today's Music**

**Relentless** Joel Houston, Matt Crocker  
**Your Love Never Fails** Anthony Skinner, Chris McClarney  
**Lord Almighty** Kristian Stanfill  
**Here for You** Tim Wanstall, Matt Redman, Matt Maher, Jesse Reeves

## Growth Group Homework – January 22, 2017

### Accelerate: The Habit of Prayer

#### Warm-Up

Spiritual growth requires three elements: having a personal desire to grow; establishing habits and exercises that strengthen our godliness, and utilizing the tools God has given us. This week we look at the tool of prayer and the habit of praying.

2. What have you trained for in the past? What did the training involve?

#### Talk it Over

3. What part of the message stood out to you and why?

4. Bevan explained how our habits, not one-time decisions, make the difference in changing us. How have you experienced or seen this?

5. Read Matthew 6:5-13. What are some types of prayers Jesus tells us to avoid? How do these compare with how he wants us to pray?

6. What are some of the challenges you face with prayer?

7. Read 1 Timothy 4:8. Godliness is viewing the world the way God does and valuing what God values in the right order. How do you think the practice of prayer trains a person to be godly?

Has there been a time in your life when prayer changed what was most important to you or your perspective on a situation? What happened?

#### Take it Home

Read Mark 1:35, Mark 6:46, and Luke 5:16. What do you notice about Jesus' habit of prayer? What would it look like for you to do something similar?

Based on this discussion, what is something you would like to apply?

**Memorize:** 1 Timothy 4:7-8