



[study guide]

FRUIT OF NEW LIFE: 1.13.13: Self-Feeder

[warm up]

If you could have a free meal, anywhere, at any cost, what would you order? As a child, you had no idea that amazing meal existed. You had to start with milk and learn how to be a self-feeder and eventually discover that amazing meal. The same is true in our spiritual life.

What it looks like when you are doing well as a spiritual self feeder? When do you “eat”, what’s on the menu? How often do you dine? What do you notice about yourself when you are doing well taking initiative and ownership for your spiritual nourishment?

What obstacles in your life have prevented you from feeding yourself spiritually or have limited you to a diet of just spiritual milk?

[digging deeper]

Re-read the teaching passage from this last weekend: Hebrews. 5:11-14

What observations and descriptions do you pick up on for the people described in these verses? Would you describe them as self-feeders? Why or why not?

Verse 11 says, “About this we have much to say...” What is the “this” the writer of Hebrews is referring to and why can’t he tell them more? (See earlier verses for an indicator)

What are the reasons that so many people neglect to take the ownership to feed themselves spiritually outside the weekly sermon at a church service? What are other daily opportunities that you are aware of that can help us grow spiritually each day?

Read 1 Cor. 2:14-17. How does this verse reinforce, connect to or help bring greater understanding to the Hebrews 5 verses?

What do the following verses add to our understanding of spiritual growth and needing spiritual sustenance and motivation to be self-feeders?

Heb. 6:1-2 1 Peter 2:2 Matt. 4:4 John 6:35 Jeremiah 15:16 2 Tim. 2:15 2 Tim.
3:16, 17 James 1:22 1 Cor. 13:11 1 Cor. 14:20 2 Peter 3:17-18 Col. 1:10



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[living it out]

As followers of Jesus, walking in the new life that Christ has made available to us, we need to become self-feeders. This is one of the “fruits of new life” that we have identified here at CVC, a quality of a growing disciple of Jesus. What needs to happen in your heart, habits and life that will help you become a stronger self-feeder?

What changes can you make starting today that will help you grow as a self-feeder?

Here is a list of practical suggestions that can help you. Pray over them and then check the box next to the ones that you feel a tug toward.

- Following the CVC daily Bible reading plan and journal what I learn
- Begin a prayer journal and write down prayer requests and answers
- Read additional books on spiritual growth, theology, Christian living, etc. and apply what I learn
- Engage in additional messages, podcasts, blogs and articles throughout the week and month that can help me grow spiritually
- Move from just spiritual milk to more solid food in my Bible study intake. (See links and lists below to help)
- Engage in conversations about Jesus, the Bible and my faith during the week with family, friends, other believers and even unbelievers.
- Take the CVC Self-Feeder assessment and identify and grow in areas that I am not strong in
- Identify someone that I can mentor/disciple regularly and start pouring into them.
- Put myself in a position to share what I have learned about God by being in a LifeGroup (Group connect next weekend)
- Put myself in a position to teach/shepherd others by stepping up and leading or co-leading a LifeGroup

Close in a time of prayer asking God to increase your spiritual appetite and your ability to feed yourself from His Word and time in prayer. Life up your desire to grow spiritually and to understand the deeper things of God. Pray for the motivation, courage and drive to experience a whole other level of spiritual maturity by taking greater initiative and ownership for your spiritual growth.



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[suggested resources]

CVC 2013 Bible Reading plan, spiritual growth plan & New Life Assessment

http://cvconline.org/images/uploads/2013_Bible_Reading_Plan.pdf

http://cvconline.org/images/uploads/SG_Brochure.pdf

(Full Fruit of New Life Assessment and companion resource guide coming online soon)

Links to good online sites for Bible study:

<http://www.youversion.com/>

<http://www.biblegateway.com/>

<http://www.biblestudytools.com/>

<http://www.blueletterbible.org/index.cfm>

<http://bible.cc/>

<http://www.studylight.org>

A few book recommends for growth:

<http://www.amazon.com/Systematic-Theology-Introduction-Biblical-Doctrine/dp/0310286700>

<http://cuyahogavalleychurch.blogspot.com/2012/10/25-books-for-personal-growth.html>

http://www.goodreads.com/list/show/19277.Must_Read_Books_for_the_Thinking_Christian