

The Maturing of a Man

December 7, 2005

Christian Leadership in your Church

"But prove yourselves doers of the word, and not merely hearers who delude themselves." James 1:22

SUMMARY:

Thousands of Christian men suffer from spiritual anorexia and spiritual bulimia. Spiritual anorexia is an aversion to reading the word of God, and spiritual bulimia is hearing or reading the word of God without personal application. These conditions keep us from being effective leaders in our families and churches.

Spiritual training by spending 30 minutes or more 3 or 4 times a week in the word of God and prayer is the cure for spiritual anorexia and spiritual bulimia.

NOTES:

DISCUSSION POINTS:

Introductory Question: How do you stay in shape spiritually? Is what you're doing enough to keep you in the marathon?

Discussion:

- Prayer gives us the opportunity to walk into the office of the CEO of the universe and talk with Him about anything we want, for as long as we want, anytime we want. If that's the privilege prayer gives us, why don't we take advantage of it more often?
- What are some of the differences between reading the word of God and feeding on it? Why are these differences so important to our spiritual health?

APPLICATION:

A spiritual leader keeps himself in shape by

- Consistently eating a nutritious diet of the word of God
- Consistently spending time in aerobic kneeling (prayer)

If you are not consistently feeding from the word of God and spending time in prayer will you commit to the men at your table to spend 30 minutes 3 or 4 times a week in God's word and in prayer?

ON YOUR OWN...

1 Timothy 3:1-6
Titus 1:15-16
Matthew 4:1-11

Psalm 1:1-3
1 Timothy 4:7-8
James 1:22-25