



My Year is aimed at helping you grow spiritually, by identifying those markers and attributes that mark your life as a Christian. We are going to look at 12 markers that each of us, as we start a new year, should strive to see formed and built into our lives. We want to see these formed in your life because we know that if they are, you will be a mature Christian that shows Jesus as incomparably glorious. And that should be the greatest “new year’s resolution” any of us could have.

RESOURCE GUIDE FOR SPIRITUAL GROWTH

Week 1: January 6 and 7 - following the series “My Year”

This guide is meant to provide you with additional resources to help you grow in each of TJC’s twelve spiritual formation markers. The foundation to any type of spiritual growth is diving into God’s Word, so start with REAPing the scriptures that have been provided. You will find an outline on how to REAP scripture below. The rest of the resources are trustworthy ways to deepen your knowledge on each marker and challenge you to take steps of obedience in each area. Our vision for TJC is to have a church full of “self-feeding disciple making followers of Jesus who are letting the gospel shape every sphere of their lives.” Whether you are new to the faith or have been following Christ for a while, we hope that the variety of resources provided here will challenge all believers to grow in Christ and continue to let the gospel shape your life.

HOW TO REAP SCRIPTURE:

REAP (Read, Examine, Apply, Pray)

Read: Before you read take some time and ask God to teach, correct, and train you as you read His Word.

Examine: Spend some time reflecting on the passage, ask yourself these questions and write down your thoughts (answer 2-3 of the questions that work best):

What is emphasized or repeated in this passage?

What does this passage teach me about God?

What does this passage teach me about man?

Where do you see good news?

What did you learn about God’s character?

Did this passage help you identify any wrong beliefs you might have had?

Apply: After examining the passage, ask yourself how you can apply it to your own life:

Where do I need to repent?

What truths do I need to believe?

How can I be obedient to what I have read?

Pray: Pray through the passage and ask God to help you be obedient to what you have just read.

12 SPIRITUAL FORMATION MARKERS

1. An unwavering submission to the authority of, and pursuit of God in, the Scriptures
2. A child-like dependence upon God in prayer
3. A relentless devotion to making Christ the center of home life
4. A contagious passion for people and the gospel, both locally and globally
5. A commitment to being invested and tied to biblical community
6. A not-of-this-world level of transparency through confession of sin and repentance
7. A Christ-reflecting joy in serving others, inside and outside the church
8. A kingdom-first kind of generosity with financial resources
9. A go-the-extra-mile type of willingness to fight for unity in the church
10. A genuine Christ-exalting, self-minimizing humility
11. An abnormally compassionate heart of mercy, grace, and forgiveness toward others
12. An absolute trust of God's sovereignty through suffering

An unwavering submission to the authority of, and pursuit of God in, the Scriptures

REAP these Scriptures: 2 Timothy 3:16-17, 2 Peter 1:16-20, Psalm 119:97-106

Books to read: Reading the Bible Supernaturally by John Piper, A Peculiar Glory by John Piper, Habits of Grace by David Mathis

Articles to read: Three Tips for Better Bible Reading (<https://www.desiringgod.org/articles/three-tips-for-better-bible-reading>); Meditating on Scripture (<https://australia.thegospelcoalition.org/article/meditation-on-the-scriptures-the-key-to-personal-transformation>)

Course to take: The Authority of Scripture (<https://www.thegospelcoalition.org/course/the-authority-of-scripture/#course-introduction>)

Also available online: tjclive.com/my-year