

CVC-DAYTON TEACHING NOTES

“Arrested Development: God Wants Us To Be Different... It’s Time To Grow!”

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“Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, ‘Rabbi, we know You are a teacher who has come from God. For no one could perform the miraculous signs You are doing if God were not with Him.’ In reply Jesus declared, ‘I tell you the truth, no one can see the kingdom of God unless he is born again.’ ‘How can a man be born when he is old?’ Nicodemus asked. ‘Surely he cannot enter a second time into his mother’s womb to be born!’ Jesus answered, ‘I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at My saying, ‘You must be born again.’” (John 3:1-7)

3 Key Spiritual Maturity Truths

1. Spiritual life begins with spiritual birth.
2. Spiritual maturity is about healthy eating.

“Then the king called together all the elders of Judah and Jerusalem. He went up to the temple of the LORD with the men of Judah, the people of Jerusalem, the priests and the prophets—all the people from the least to the greatest. He read in their hearing all the words of the Book of the Covenant, which had been found in the temple of the LORD. The king stood by the pillar and renewed the covenant in the presence of the LORD—to follow the LORD and keep his commands,

regulations and decrees with all his heart and all his soul, thus confirming the words of the covenant written in this book. Then all the people pledged themselves to the covenant. Furthermore, Josiah got rid of the mediums and spiritists, the household gods, the idols and all the other detestable things seen in Judah and Jerusalem. This he did to fulfill the requirements of the law written in the book that Hilkiah the priest had discovered in the temple of the LORD.” (II Kings 23:1-3, 24)

3. Spiritual maturity is about commitments to spiritual growth.

“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling.” (Philippians 2:12)

- Have you been born again?
- Are you eating well?
- Have you made commitments to spiritual growth?

Notes: