



# Identity – Week 5 – Milk to meat – Growing in God

## Connect and review

Reflect on Identity part 1 weeks 1-4.  
Let all in the room introduce themselves.

Has Part 1 brought about any changes in your lifestyle?  
Do you feel you have grown in the faith?  
Remember others may have seen a difference even if you are not aware of any change.  
We will explore more about growth today.  
The objective this week is **to recognise the need to grow in our walk with the Lord.**

## Inspire and engage

These notes are for a starting point – you can add your own ideas and present them in your own style

Use some cards with key words or phrases from part 1 eg love, your neighbour, I am, a new creation, security, selfworth, significance etc and scatter them on a table or floor for participants to match the pairs.  
So, where do we go from here?  
Introduce weeks 5-8.  
Explore spiritual growth. Look at Luke 2:52: Hebrews 5:12 to 6:3 and 2 Peter 1:3-8  
There is an expectation for growth with an increasing measure of spiritual development. This is not passive but requires activity and intentional involvement – individual ownership. Example is a baby learning to walk!

## Explore and apply

These exercises are in the attendees' notes.  
As you consider each in small groups or pairs allow 1-2 groups for short feedback before moving to the next exercise.

### Explore

Jesus grew physically as is the orderly, natural development of any child. He learned from His parents and the circumstances of life. However, He had an added dimension in that He grew with God. This didn't just happen – He sought time alone with His Father.

### Apply

How can we apply these things to our daily walk so that we grow too? You might find it helpful to group these under the headings- wisdom, stature, God and the community.

If the group is large you may need to direct couples to take one aspect so all headings are covered.

Allow a short feedback on each aspect.

## Reflect and review

This area is vital to see how much has been taken on board. Make sure each one in the room (including you) has at least one action point to leave with!

### Personal reflection:

How do I grow in favour with God?

### Suggested activity:

Keep a personal journal