



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

Connect and review	Notes
<p>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 <b>to recognise the need to grow in our walk with the Lord.</b></p>	
Inspire and engage	
<p>Ice breaker game</p> <p>So, where do we go from here? Introduce weeks 5-8. Explore spiritual growth. Look at Luke 2:52; Hebrews c:12; 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!</p>	
Explore and apply	
<p><b>Explore</b></p> <p>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.</p> <p><b>Apply</b></p> <p>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.</p>	
Reflect and review	
<p><i>Personal reflection:</i></p> <p>How do I grow in favour with God?</p> <p><i>Suggested activity:</i></p> <p>Keep a personal journal</p>	