

Will It Destroy You or Make You Stronger? *Study Guide Answers*

1. How do we build intimacy in our relationship with God?
 - a. We build intimacy in our relationship with God by growing spiritually through Jesus Christ.
2. In what ways have you made spiritual growth a priority in your life?
 - a. Each person is unique, so part of this answer will vary from one person to the next, but whatever our answers are—they must include the process of surrendering or taking off the thoughts, behaviors, and attitudes that do not honor our relationship with God, and putting on the thoughts, behaviors, and attitudes that follow the example of Jesus Christ.
3. What is God's will for every person?
 - a. God's will is for every person to be born again or saved.
 - i. 1 Timothy 2:1-4 (NLT) 1 I urge you, first of all, to pray for all people. As you make your requests, plead for God's mercy upon them, and give thanks. 2 Pray this way for kings and all others who are in authority, so that we can live in peace and quietness, in godliness and dignity. 3 This is good and pleases God our Savior, for he wants everyone to be saved and to understand the truth.
4. Romans 10:9,10 tells us to do two very important steps to begin our spiritual journey in Jesus Christ. What are they?
 - a. #1) audibly confess that Jesus Christ is lord and #2) believe in our hearts that God raised him from the dead.
5. What do we audibly confess?
 - a. We audibly confess that Jesus Christ is lord!
 - b. What do we believe in our hearts? We believe in our hearts that God raised him from the dead.
6. Does a person become born again by physically re-entering his or her mother's womb?
 - a. No
7. When we commit to do as Romans 10:9, 10 says, what goes up and what comes down?
 - a. When we commit to do as Romans 10:9, 10 says, our faith goes up before the throne of God and He sends down a very special gift, which is the indwelling Holy Spirit.

Will It Destroy You or Make You Stronger? *Study Guide Answers Continued*

8. Where can we find God's will for our lives?
 - a. *God's Word is His Will. We can find out God's Will for our lives by reading the bible and applying it to our everyday existence.*
9. As we progress on this Christian journey we are destined to give up those things which do not honor our relationship with God and our walk in Christ. What must we take on, put on, and walk in to bring about a new level of blessings and well being?
 - a. *As we progress on this Christian journey we are destined to give up those things which do not honor our relationship with God and our walk in Christ. At the same time we take on, put on, and walk in new qualities of Godliness which bring with them a new level of blessings and well-being.*
10. What does it mean to be "out of balance"?
 - a. *"Out of balance" is a state of emotional hysteria or instability that is brought about when one's challenges in life exceed one's level of spiritual maturity to handle them; therefore the external will mirror the internal. Things will become out of balance or out of control because a person's internal reality is out of control or unstable.*
11. What does God desire from us?
 - a. *God desires a relationship with us.*
12. What is a "critical truth"?
 - a. *Critical truths are pieces of information that are extremely beneficial to your spiritual life. They remain a constant source of usefulness and either lay or add to your foundation of knowledge, upon which you will continue to build throughout your spiritual journey on earth.*

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Study Guide Answers Continued

Fill in the blank:

1. God supernaturally implants a spiritual seed in the deepest part of who we are when we confess Jesus Christ as the head of our lives and believe in our hearts that God raised him from the dead.
2. Romans 10:9 (KJV) tells us that we are saved if we #1) audibly confess that Jesus Christ is lord and #2) believe in our hearts that God raised him from the dead. It goes on to tell us in verse 10 that this very act of *believing in our hearts* will give us right standing with God, and the act of *confessing Jesus Christ with our mouths* literally transfers us from death to life! This process by which you and I become saved or born again is one that leads to a spiritual transformation.
3. Creating an environment for furthering your spiritual development means that what you do, think, and say are in balance with the truth.
4. Our Heavenly Father created everything for our benefit, so that we could use it to build lives for ourselves and understand the creative power at our disposal. He wants us to know what we're made of so that when we go before His throne we can do so with confidence in our union with Him through Jesus Christ.

Will It Destroy You or Make You Stronger?
Study Guide Answers Continued

5. When you and I tell God what we need, we have to know that it isn't a dialogue that begins when we open our mouths, but our hearts as well. It is communication between two parties who have a relationship that is based on mutuality to some degree.

SCRIPTURE STUDY

1) **Ephesians 4:22-24 (NLT)**

throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. 23 Instead, there must be a spiritual renewal of your thoughts and attitudes. 24 You must display a new nature because you are a new person, created in God's likeness-righteous, holy, and true.

2) **2 Chronicles 16:9 (NLT)**

"The eyes of the LORD search the whole earth in order to strengthen those whose hearts are fully committed to him."

3) **Matthew 11:28-30 (NLT)**

"...Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

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