

Growing Up Spiritually

Kay Arthur's top selling *Lord, Teach Me to Pray in 28 Days* and *Lord, Teach Me to Study the Bible in 28 Days* (more than 700,000 combined copies sold) direct Christians toward greater communication with God and exploration of His Word. Now she and respected teacher and leader David Arthur lead a journey to a deeper commitment to and relationship with Christ. Readers new to faith or longtime believers will discover how to: turn to God with praise, petitions, and thanksgiving learn to be still to discern His leading study the Bible and apply its truths to daily life commit to fellowship with other believers seek out mentors in the faith and help nurture others With biblical insight and the clarity of God's wisdom Kay Arthur and David Arthur reveal what it takes to live out God's truths, promises, and instruction. This practical and powerful book is ideal for individuals and groups. Formerly *Lord, Help Me Grow Spiritually Strong in 28 Days*.

This classic treasury of messages on faith can help believers understand the basic principles vital to the lifestyle of faith.

What Are You Missing? Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly growing church, he did what most people do: avoid conflict in the name of Christianity ignore his anger, sadness, and fear use God to run from God live without boundaries Eventually God awakened him to a biblical integration of emotional health, a profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. *Emotionally Healthy Spirituality* is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

How do Christians grow? "This book invites the reader to experience the title. It is not just a 'how-to' volume, but a 'be' volume." So write the editors of this rich resource on the spiritual life. Spiritual maturity is not a level of growth Christians achieve, but the passion to press on in Christ. In these chapters, J. Oswald Sanders explores the primary source of continual growth. In three parts, structured around the persons of the Trinity, Sanders explores matters like: How we should view God Why our weakness is God's strength What it means that Christ prays for us How to live like an heir of the King The role of the Spirit in a Christian's life *Spiritual Maturity* provides clear direction for those desiring to grow strong spiritually. Complete with scriptural principles for spiritual development and study questions at the end of the text, this classic handbook is a timeless treasure. Includes a "For Reflections" section, making it an ideal resource for both individual and group study.

Revised & Updated Edition! God is love. Crazy, relentless, all-powerful love. Have you ever wondered if we're missing it? It's crazy, if you think about it. The God of the universe—the Creator of nitrogen and pine needles, galaxies and E-minor—loves us with a radical, unconditional, self-sacrificing love. And what is our typical response? We go to church, sing songs, and try not to cuss. Whether you've verbalized it yet or not, we all know something's wrong. Does something deep inside your heart long to break free from the status quo? Are you hungry for an authentic faith that addresses the problems of our world with tangible, even radical, solutions? God is calling you to a passionate love relationship with Himself. Because the answer to religious complacency isn't working harder at a list of do's and don'ts—it's falling in love with God. And once you encounter His love, as Francis describes it, you will never be the same. Because when you're wildly in love with someone, it changes everything. Learn more about *Crazy Love* at www.crazylovebook.com.

"The world is faster and busier than it's ever been, with more noise and distraction unsettling our already restless souls. We are a people out of rhythm. For Christians who are frustrated with churches that only add to the hustle and bustle, there must be an answer in our interior spiritual life. We long for deeper, more meaningful faith. Author and pastor Rich Villodas's *The Deeply Formed Life* offers an expansive, interconnected vision of spiritual formation comprised of five key pathways"--

Compiles stories and wisdom from three church leaders about how to foster an environment where people can grow in their Christian faith.

Kenneth E. Hagin shows the believer how to get prayers answered. Effective praying, he explains is the result of following certain Biblical principles he outlines in this book.

Hear his voice. Have his ear. Belong to his body. Three seemingly unremarkable principles shape and strengthen the Christian life: listening to God's voice, speaking to him in prayer, and joining together with his people as the church. Though often viewed as normal and routine, the everyday "habits of grace" we cultivate give us access to these God-designed channels through which his love and power flow—including the greatest joy of all: knowing and enjoying Jesus. A study guide for individual and group study is also available.

God wants us to live in joy. We can be sure of that, because He tells us so, often! If we follow Jesus, we can know true and lasting joy. But that doesn't mean it's easy. Most of us experience fleeting moments of happiness. Maybe sometimes, amazingly, even days, weeks, or months of it. But we're not in the habit of joy. Inevitably, something will happen to knock us out of our joy. One of the reasons the book and film of *Pollyanna* is so beloved is the emphasis on gladness. *Pollyanna* faced many external difficulties with faith and a joyous determination to see the best in everything. Dig deeper into the spiritual truths about living a joyful life contained in the story with this journaling devotional. There's a devotional for each chapter of the original story, with a quote from the book, my personal response to the issue the chapter raised, questions to think about, and relevant Bible verses. Take the time to ponder and journal your answers, and feel your joy grow! This book provides space to write your own notes, prayers, and responses, but doesn't include the text of the original story. You can receive an ebook copy of *Pollyanna* as a welcome gift when you sign up for my devotional newsletter, or perhaps you still have the copy you loved as a child. Either way, let's go on a journey to joy!

"A fresh way of thinking about spirituality that grows throughout life. In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting

old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. Explains why the second half of life can and should be full of spiritual richness Offers a new view of how spiritual growth happens loss is gain Richard Rohr is a regular contributing writer for Sojourners and Tikkun magazines This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."

In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

Sacred Pathways reveals nine distinct spiritual temperaments--and their strengths, weaknesses, and tendencies--to help you improve your spiritual life and deepen your personal walk with God. It's time to strip away the frustration of a one-size-fits-all spirituality and discover a path of worship that frees you to be you. Experienced spiritual directors, pastors, and church leaders recognize that all of us engage with God differently, and it's about time we do too. In this updated and expanded edition of *Sacred Pathways*, Gary Thomas details nine spiritual temperaments and--like the Enneagram and other tools do with personality--encourages you to investigate the ways you most naturally express yourself in your relationship with God. He encourages you to dig into the traits, strengths, and pitfalls in your devotional approach so you can eliminate the barriers that keep you locked into rigid methods of worship and praise. Plus, as you begin to identify and understand your own temperament, you'll soon learn about the temperaments that aren't necessarily "you" but that may help you understand the spiritual tendencies of friends, family, and others around you. Whatever temperament or blend of temperaments best describes you, rest assured it's not by accident. It's by the design of a Creator who knew what he was doing when he made you according to his own unique intentions. If your spiritual walk is not what you'd like it to be, you can change that, starting here. *Sacred Pathways* will show you the route you were made to travel, marked by growth and filled with the riches of a close walk with God.

Organized into bite-size installments, this book is specifically designed to deepen the understanding and heighten the relevance of the weekly sidrah for the young adult and student generation. The book provides ethical and religious guidance for confronting the vicissitudes of life and handling of situations in which today's teenagers may find themselves. These novel, informative, and inspirational sidrah insights will also be studied and quoted by those who teach or address young people. The fruit of more than 40 years' experience in religious education at all levels and for all ages, Rabbi Dr. Jeffrey Cohen has written an accessible book underpinned by his belief that the Torah speaks to all.

This is the first book in the author's series on Christian maturity.

There is something missing in the church today. Stuck in a rut of routines and rituals, the church is caught up in doing what it is "supposed to do" but is lacking the true essence of what it is supposed to provide: life. Real faith--and a real relationship with Jesus--is not about playing by the rules, attending services, and praying before meals. Real faith is more than religion. Believing there is a way to breathe life back into the church, Tyler Edwards adopts a contemporary and entertaining metaphor--zombies--to highlight and challenge the problematic attitude of today's believers.

All growth is spiritual growth. Authors Drs. Cloud and Townsend unlock age-old keys to growth from Scripture to help people resolve issues of relationships, maturity, emotional problems, and overall spiritual growth. They shatter popular misconceptions about how God operates and show that growth is not about self-actualization, but about God's sanctification. In this theological foundation to their best-selling book *Boundaries*, they discuss:• What the essential processes are that make people grow• How those processes fit into a biblical understanding of spiritual growth and theology• How spiritual growth and real-life issues are one and the same• What the responsibilities are of pastors, counselors, and others who assist people in growing—and what your own responsibilities are in your personal growth

What causes spiritual growth? Is it possible that there are significant causes of Christian spiritual growth that we are not taking into account in our thinking and strategy? This book draws insight from interviews with 200 people to provoke thinking and discussion about spiritual growth.

If you are serious about being a disciple of Jesus Christ—really, truly serious—a discipleship group can help you achieve that goal. Jesus established this model for us by forming and leading the first discipleship group—and it worked. The men who emerged from that group took the gospel to the world and ultimately laid down their lives for Christ. Discipleship groups can create an atmosphere for fellowship, encouragement, and accountability—building an environment where God can work. In *Growing Up: How to Be a Disciple Who Makes Disciples*, Robby Gallaty presents a practical, easy-to-implement system for growing in one's faith. This guide offers a manual for making disciples, addressing the what, why, where, and how of discipleship. D-Groups, as Gallaty calls them, can teach you and others how to grow your relationship with God, how to defend your faith, and how to guide others in their relationships with God. *Growing Up* provides you with an interactive manual and resource for creating and working with discipleship groups, allowing you to gain positive information both for yourself and for others as you learn how to help

others become better disciples for Christ.

The opening of our knowledge to the unknown. The different cycles in life, the destination from beginning to the end till we reach our spiritual conclusion. The balance of the spiritual growth between heaven and earth's plane. The accuracy of knowledge, the prophecies of all philosophers and teachers, and the opening to the universe. All the events and circumstances that are happening in the human race. The process and purpose of life as well as the definition and existence of God and angels. The exportation of knowledge and wisdom, the definition of the unknown source, the miraculous incidents of life and the spirit world. Obviously, there is so much more to discover and much more in depth from each individual sign. Maybe an opportunity in a near future for further volumes of book or a bigger and more in-depth revised addition.

Most church leaders are passionate about their calling to "go and make disciples." However, despite their most creative thinking, diligent efforts and rigorous assessments, year after year they arrive at the end of a ministry season with no way of knowing for sure whether they have succeeded or failed in their calling. "I want to serve God," the refrain goes, "and on most days, I believe I'm doing what I'm called to do. But what if my approach is off-track? What if the work we're doing as a church doesn't really help people grow at all?" The only indicators of success most leaders have are numbers. Is attendance up? Are giving trends on the rise? Are we baptizing more people this year than last? Numbers are helpful, but they still come up short. Numbers may tell leaders how active their congregants are, but they reveal very little about whether or not anyone's heart is changing as a result. Leaders need more than numbers to help them assess their efforts and make strategic ministry decisions. The crux of spiritual growth is not how busy people are with spiritual activities but how engaged they are with Christ. How close is a person to Christ? Are they fully surrendered to his will and his teaching? Do they prioritize faith in their daily lives? Are they growing in their love of God and others? In order to answer these questions, leaders need more than numbers; they need to see inside people's hearts. In 2004, Willow Creek Community Church completed research that would eventually become the REVEAL Spiritual Life Survey. Based on those initial findings, as well as data from more than 150,000 congregants in 500 churches, the REVEAL team discovered a way to see inside the hearts and minds of congregants. The Christ-Centered Heart presents discoveries not from a hypothetical, theoretical or opinion-driven point of view, but from an empirical one. By linking biblical principles with spiritual attitudes and behaviors, REVEAL research The Christ-Centered Heart provides a foundational understanding of this new lens for spiritual growth and presents findings from the latest REVEAL research. Focusing on Jesus' definition of spiritual growth as increasing love of God and others (Matthew 22:36 – 40), the book draws on compelling stories of real people as well as engaging charts and graphs to illustrate key concepts and insights. It includes four parts: PART ONE: The Heart of the Matter explains the brutal truth about spiritual growth and an orientation on how REVEAL takes us "inside" the hearts of congregants. PART TWO: The Spiritual Continuum identifies the five segments of intimacy with Christ and describes people with "closed hearts," who are Far from Christ; people with "searching hearts," who are Exploring Christ; people with "open hearts," who are Growing in Christ; people with "engaged hearts," who are Close to Christ; and people with "surrendered hearts," who are "Christ-Centered." PART THREE: Spiritual Movement details the distinct spiritual catalysts that move people toward increasing intimacy with Christ. This includes four spiritual movements: from rejection to searching for Christ; from searching to accepting Christ; from growing in Christ to becoming close to him; and from close to Christ to becoming Christ-centered. We name two primary barriers to spiritual growth—becoming "stalled" along the journey toward intimacy with Christ, and becoming "dissatisfied" with the church's ability to lead people there. PART FOUR: Spiritual Leadership presents five key findings based on REVEAL's proprietary "Spiritual Vitality Index," which ranks a church's effectiveness in helping people grow. The findings explain the importance of getting people moving once they express interest in knowing Christ; embedding the Bible in everything the church does; creating ownership on the part of the Christ-follower; pastoring the local community rather than merely "doing ministry" inside the church's four walls; and re-establishing

Note: The eBook version has been revised and updated, however the information and teaching is essentially the same as the printed version. This book is a national and internationally best-selling classic with a timeless message. It has been translated into over 24 languages. Once in a decade comes a book that can affect people at the very core of their experience. A contemporary masterpiece in the tradition of the world's great spiritual writings, Spiritual Growth is such a book. It contains the essence of the contemporary spiritual path, embodying joy, growth, and increased aliveness. The teachings are profound and inspirational. Open the book to any page. Quiet your mind, read, savor the words. The effect is instantaneous. Your mind is uplifted, your heart is opened, and your body experiences the sensations of peace. The techniques are practical. Spiritual Growth teaches readers how to move to higher consciousness, when to be an active force, and when to surrender and let things happen. Spiritual Growth will teach readers how to: be their Higher Selves in their everyday life, create a vision of their higher purpose, and manifest what they want rapidly and easily. Readers will learn to work with light for healing and growth, to connect with the Universal Mind for enhanced creativity, and to link with the Higher Will to carry out their higher purpose. A series of meditations (each of the 21 chapters has one) take the reader step-by-step through the process of spiritual growth. These easy-to-learn processes taught by Orin, a wise and gentle spirit teacher, have helped hundreds of thousands take a quantum leap, accelerate their spiritual growth, and live their lives with more joy, harmony, peace, and love. Spiritual Growth gives you tools to lift the veils of illusion, see truth, expand and contract time, raise your vibration, achieve higher states of consciousness, open your heart, and know yourself in new, more loving ways. Spiritual Growth teaches you to have more satisfying relationships with others by using the skills of non-attachment, right use of will, being transparent to others' energies, and communicating as your Higher Self. You will learn to become a source of light and to grow through world service. Speaking always to the higher aspect of the reader, Orin offers the next step in spiritual growth for those who want to know more about who they are, why they are here, and what they came to do.

A compassionate guide for transforming aging into spiritual growth • Engage with 25 key questions guiding you to mine previously untapped veins of inspiration and courage • Find a constructive role for regret and fear and embrace the freedom to become more fully yourself • Draw from both Eastern and Western spiritual traditions and the latest research in psychological and religious theory to cultivate your spiritual potential As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about loss, meaning, and mortality--questions we can no longer put off or ignore--that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the

challenges aging brings our way but by working through them. Addressing head-on how to make the transition from fears about aging into a fuller, richer appreciation of the next phase of our lives, the authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older. Sharing their stories and wisdom to both teach and demonstrate what it means to feel energized about the possibilities of your later years, they explore how to find a constructive role for regret, shame, and guilt, realize your value to society, and embrace the freedom of your later years to become more fully yourself. Coming from Catholic Jesuit and Jewish backgrounds respectively, as well as drawing from the latest research in psychological and religious theory, Weber and Orsborn provide their own conversational and candid answers to the 25 key questions, supporting their insightful and compassionate guidance with anecdotes, inspirational readings, and spiritual exercises. By engaging deeply with both the shadow and light sides of aging, our spirits not only learn to cope--but also to soar.

Do you want to grow up spiritually and become strong in spirit, in faith and love, or just stay a spiritual babe? God wants us to be spiritual giants not wimps, and He has provided all we need for our growth in God. This book will reveal God's will and ways to gain a dynamic spiritual life and to promote a consistent growth in grace. Discover the keys that will activate and perpetuate your growth.

Grown men don't wear nappies and babies don't drive cars. In life it is important that we act our age. Spiritually, it works the same way. If we don't grow continually as a Christian, we build expectations based on other people's experiences instead of our own current position. Are you struggling to connect with God, or are you frustrated that your prayers are not being answered? The question is, how mature are you, spiritually speaking? Truth is, a parent relates differently to a baby than to a teenager. So too your Heavenly Father relates differently to you as a little child, a young man or as a father in the faith as highlighted in 1 John 2. Each growth phase poses a different degree of intimacy as well as a different level of responsibility in God's Kingdom. In this book you will learn how to relate to God as: * A little child ... receive revelation of God as a Father and understand adoption into His family.* A young man ... learn how to build strength and overcome the three enemies of your soul.* A father in the faith ... live in deep intimacy with the Father while raising sons of the next generations. It's time we grow up into full spiritual maturity. Creation depends on it!

MasterLife 4: Disciple's Mission by Avery T. Willis, Jr. completes the series of MasterLife studies. This six-week study helps Christians understand how to be on mission with God and to help others develop growing relationships with Christ.

What causes poverty, and what am I supposed to do about it? This book reminds readers that even as we are responsible for pursuing biblical solutions to poverty, our hope for truly resolving it comes not from the good we do, but from the return of Christ, who will put an end to all sin, suffering, and death as he brings about the new creation.

Explains the aging process based on the Buddhist tenet about the inevitability of change, with descriptions of the four key stages of aging and advice about awareness, adaptation, and acceptance.

Real-Life Discipleship explains what should happen in the life of every Christian and in every small group so that the church becomes an army of believers dedicated to seeing the world saved. With the overriding goal to train disciples who know how to make more disciples, this book offers proven tools and strategies from Real Life Ministries, one of America's fastest-growing churches. Discover what the Bible says about true and effective discipleship with these strategies and practices.

One of the first lessons to learn as a growing Christian is how to serve. In contrast to a "me-centered" culture, Christians should not merely satisfy themselves but instead seek to emulate Jesus. Growing Toward Spiritual Maturity advocates a strategy for growing toward Christlikeness based on the actual ways that people develop. By understanding the dynamics of spiritual growth, readers are more aware of how God uses the specific circumstances of life to draw people closer to himself. Text and discussion questions help believers mature as Christians by identifying and understanding spiritual disciplines, such as Bible study, prayer, a godly lifestyle, witnessing, and using spiritual gifts. This title is one in a series being published by Crossway Books in cooperation with Evangelical Training Association. ETA provides Christian education resources for individuals, leaders and teachers, churches, Bible institutes, and other adult educational settings. With short chapters and thought-provoking questions, this book is useful for both personal study and group learning. Book jacket.

The New York Times #1 bestselling book by Pastor Rick Warren that helps you understand and live out the purpose of your life. Before you were born, God already planned your life. God longs for you to discover the life he uniquely created you to live--here on earth, and forever in eternity. Let The Purpose Driven Life show you how. As one of the bestselling nonfiction books in history, with more than 35 million copies sold, The Purpose Driven Life is far more than just a book; it's the road map for your spiritual journey. A journey that will transform your life. Designed to be read in 42 days, each chapter provides a daily meditation and practical steps to help you discover and live out your purpose, starting with exploring three of life's most pressing questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? The book also includes links to 3-minute video introductions and a 30- to 40-minute audio Bible study message for each chapter. Plus questions for further study and additional resources. The Purpose Driven Life is available in audiobook, ebook, softcover, and hardcover editions. Also available: The Purpose Driven Life video study and study guide, journal, devotional, book for kids, book for churches, Spanish edition, Large Print edition, and more.

In 2017, Anne Bokma embarked on a quest to become a more spiritual person. After leaving the fundamentalist religion of her youth, she became one of the eighty million North Americans who consider themselves spiritual-but-not-religious, the fastest growing "faith" category. In mid-life she found herself addicted to busyness, drinking too much, hooked

on social media, dreading the empty nest and still struggling with alienation from her ultra-religious family. In response, she set out on a year-long whirlwind adventure to immerse herself in a variety of sacred practices—each of which proved to be illuminating in unexpected ways—to try to develop her own definition of what it means to be spiritual. In *My Year of Living Spiritually*, Bokma documents a diverse range of soulful first-person experiences—from taking a dip in Thoreau’s Walden Pond, to trying magic mushrooms for the first time, booking herself into a remote treehouse as an experiment in solitude, singing in a deathbed choir and enrolling in a week-long witch camp—in an entertaining and enlightening way that will compel readers (non-believers and believers alike) to try a few spiritual practices of their own. Along the way, she reconsiders key relationships in her life and begins to experience the greater depth of meaning, connection, gratitude, simplicity and inner peace that we all long for. Readers will find it an inspiring roadmap for their own spiritual journeys.

In a series of messages given at Moody Bible Institute in 1895, Andrew Murray explained how to live a life Spirit-filled. This book, coming from those messages, is wise and has timely counsel, offering practical, Biblical advice on allowing the Holy Spirit complete control over your life.

A good personal development book is one that guides us to flourish in all areas of our lives. It is inspirational, motivational, and transformational all at the same time. It provides great advice, personal and spiritual growth, and solid scientific facts from applied psychology to teach us how to achieve happiness and success. It is a book that lives long after the pages are done, by providing the help needed to continue to make positive changes. That’s exactly what you will find in the newly released book "The Mind is the Map" by Christina Reeves and Dimitrios Spanos. The book provides new thought and wisdom into some very big questions. “Why do I make the same mistakes over and over? How often do I react to people and situations based on old habits of perception, thought, emotions, and behavior?” Many of us are unaware of the hidden mechanism within us that creates depression, anxiety, unhappiness, relationship issues, family issues, and low self-esteem, even though it’s happening all the time, in all of us. We need to understand the law of attraction as it relates to our life force energy to create positive thinking that supports personal growth and transformation. To live freely, we need to live our lives with emotional intelligence, untangling our self from who we think we are. So much of achieving happiness is about knowing ourselves. In an enjoyable dialog format, the authors guide us to higher levels of understanding who we are. The book is enhanced by beautifully designed graphics illustrating the topics discussed. At the end of each chapter is a self-help section with tips and tools for self-discovery, self-reflection, journaling and meditation that enable readers to understand the workings of their mind and emotions. These questions help identify our patterns and provide a pathway to resolve depression, anxiety, stress and unproductive habits while simultaneously building self-esteem and confidence. For business and industry leaders, the ideas and processes within these pages will help you achieve top performance capacity, leading to business success as well as personal success. Expect and allow miracles and synchronicity to show up in the most amazing ways and you will undoubtedly experience a few “ah-ha” moments, and in the most intelligent way, you will begin to understand that whatever path lay before you on our journey—whatever puzzles you must take apart and put back together—the secret of life has to do with the awakening and freeing of what has been unseen and asleep. It is also one of loving compassion; a never-ending story of how we can embrace each other, and forgive ourselves, as we find our place in our world. This inspirational book explores: -The science and psychology of how the Mind functions -How to live in Awareness, Consciousness and Thought -The Practice of Emotional Intelligence -Spirituality as it relates to our thought, emotions, and behavior -How to Change negative patterns -How to Experience more positive control in your life -How to understand our often-hidden belief systems -How our conditioned habitual perceptions affect our choices and our experiences Our self help book is perfect for: -Emotional Intelligence experts or self help gurus -Mental Health professionals or anyone interested in Applied Psychology -Those interested in Eastern Philosophy and Religion -Those seeking personal growth or personal transformation -Those seeking spiritual growth or a spiritual transformation -Anyone looking for an edge - for business success or personal success -Anyone interested in New Age Thought, Consciousness, and Meditation -Anyone interested in energy healing and/or alternative medicine -People experiencing family issues and/or social issues -Anyone suffering from mental illness or mental health issues -Anyone whose struggling with anxiety or depression, especially when counseling has failed

Why isn't life everything we expected it to be? And why doesn't our faith resolve our frustrations and problems? Kevin Myers, the founding pastor of 12Stone Church, a congregation of more than 30,000 active attenders near Atlanta, believes the reason we don't experience a transformed life is that we fail to grow up spiritually. We focus on developing physically, intellectually, emotionally, and financially, yet our faith remains immature and anemic. In this powerful new book, Myers offers a deep yet simple roadmap to a grown-up faith through understanding the whole context of the Bible, developing spiritual intimacy with God, and gratefully embracing holy obedience. As you understand the Bible and the big picture of God's story with humanity, you begin to find answers to life's most compelling questions. As you begin to understand God more, your longing and ability to experience spiritual intimacy with him increases, as does your desire to obey what God asks of you and your ability to follow through. This is the way to the bigger life, a life even better than you expected--or even dreamed possible.

"An influential podcaster and thought leader provides time, energy, and priority management tactics to help you crush it at work and thrive at home"--

The Christian life is a process of growing in holiness, our natural response to the good news of our redemption in Christ. This kind of growth is gradual, and obstacles are plentiful. Thankfully, we don't have to go it alone. God has given us his Spirit so that we can overcome temptation and become more and more conformed to the image of Christ. But how does the Spirit work? What is the nature of our own personal involvement in the process? And how do we know if we are making progress? Drawn from the lectures of beloved theologian R. C. Sproul, *Growing in Holiness* explores the doctrine of sanctification, offering insightful commentary on themes such as developing perseverance, overcoming barriers to growth, dealing with feelings of inadequacy, cultivating love for God and others, exhibiting the fruits of the Spirit, and much more. Whether you're a new believer who wants to understand what the Christian life is all about or you've been a Christian for some time but are frustrated by a lack of progress, this book is your guide to pursuing a holy life.

Rev. Hagin compares stages of spiritual growth to those of physical growth. It will help you locate where you are spiritually and then show you how to grow into the next stage of spiritual development.

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