



# SPIRITUAL GROWTH JOURNEY COURSE GUIDE

## Welcome to the Spiritual Growth Journey Course Guide

Our mission as a church is to love and lead people in a growing relationship with Jesus Christ. These courses are designed to assist you in your spiritual growth and development. The courses are grouped by Keystone's four pursuits, known as "**The 4**": **Grow, Connect, Reach, Share.**

The courses do not need to be taken in any particular order and we would encourage you to take courses from each of the different areas as you work your way through them all.

The courses will be offered at different times and dates throughout the year. Watch the Keynotes for the latest course schedule.

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

*Matthew 28:18-20 (NIV)*

# Grow

These courses are designed to help you grow in your relationship with God and your love for Him.



## Starting Point

Every journey has a starting point, even a faith journey. Starting Point is an eight-session small group conversation about faith. It is for people who are brand-new to Christianity, who are coming back to church, or who just have questions or doubts about faith, God, and spirituality. Starting Point is a safe place to explore Christianity and where your opinions and beliefs are valued and no question is off limits.

## Beliefs 101

What is God like? Is the Bible really inspired? Who is Jesus? How should we live? These are fundamental questions that have a vast impact on our lives and how we look at the world. In this four-session study we'll look at our core Christian beliefs and values and how they impact our lives.

## Closer

How do we grow in our relationship with God? One way is by practicing the classic disciplines of the Christian life: worship, prayer, service, fasting, and more. The aim of this seven-session study is to help us understand and enjoy (not dread!) the various disciplines, and to grow closer to God by integrating the disciplines more fully into our lives.

## Life-Changing Prayer

Prayer – we know we should, but many of us feel like we don't know how, or we're not sure God is really listening. In this six-session study you will explore how God promises in his Word to always hear you, answer you, and extend his mercy when you come to him in prayer. This study will help you learn to pray with boldness and see how prayer can change your life.

## Getting the Most Out of Your Bible

The Bible can be an intimidating book. We often don't have a clue how to read it, much less understand it or apply it to our lives, but that doesn't have to be true. In this six-session study you'll learn the basics of how to read and understand the Bible for yourself. You'll gain an understanding of how the Bible was put together, the different types of literature within it, and how to make sense of it all and apply it to your life.

## Israel's Mission

God gave the assignment to his people thousands of years ago: to bring "lost sheep" back into the love and safety of his kingdom. It's still our task today. In this five-session study you'll discover the mission that God gave the nation of Israel in the Old Testament – to engage a sinful and broken culture and shine God's light into the darkness – and learn how that is still our mission today.

## The Mission of Jesus

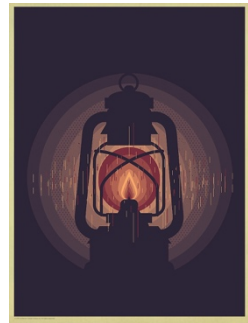
Jesus was, and often is, misunderstood. But he was clearly on a God-given mission which was fulfilled through his life, death, resurrection, and ascension. What did this mean for the people who lived with him, and what does it mean for believers today? In this five-session study, we'll explore the mission Jesus was on and how it changed the world forever.

## Reach

**These courses will help you share with others God's message of love, hope, and forgiveness.**

### Christian (It's Not What You Think)

What does it mean to be a Christian? Ask 100 people that question and you are likely to get 100 different answers, but Jesus called his followers to be "disciples." Being a disciple isn't as simple as going to church services or believing a set of facts, it is an active lifestyle. It



requires effort and sacrifice. It is about loving others as Jesus did. In this eight-session study, you'll be challenged to rethink what it means to be a Christian.

### **Life On Mission**

Approximately 259 million people in the United States and Canada do not have a personal relationship with Jesus Christ. Life on Mission is a five-session study that will prepare you to live a missional lifestyle and to share your faith in natural ways with the people around you. Connect with God's mission for the lost and be equipped with the tools to live a life that matters.

### **Everyday Questions**

Our friends, neighbors, co-workers, and family all have lots of questions. This nine-session study will equip you to respond to difficult questions about life and faith. Everyday Questions will prepare you to listen more carefully, ask the right questions, start meaningful conversations, build strong friendships, and effectively share the gospel with those around you. You'll be ready to have helpful conversations about life's toughest questions.

## **Connect**

**These courses will help you connect with others who are also growing in their faith.**



### **Membership**

Interested in becoming a member of Keystone? This is the place to start. This one-session gathering that lasts for about two hours is an opportunity to learn more about who we are and why do we what do. You'll learn about Keystone's beliefs, mission, vision, and values, and what it means to be a member. There are also plenty of opportunities to ask questions so you'll be better able to make an informed decision about membership.

## Lead Like Jesus

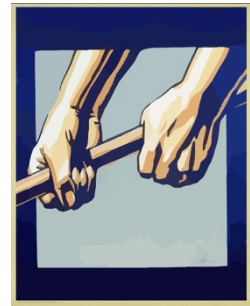
Scripture offers more leadership wisdom than we can imagine, including the greatest leadership role model of all: Jesus. There is no attribute of leadership that Jesus did not model as he trained his disciples, and we cannot go wrong by following his example. This six-session study will help you to lead like Jesus which will make a profound difference in your life and in the lives of those you influence.

## Small Group Leader Training

Our small group leaders are vital to helping us fulfill our mission as a church. They are the ones who are helping to make disciples who make disciples. We want to ensure that our SGLs feel equipped and secure in their roles and are ready for the joys and challenges of leading a group. Training huddles are offered several times throughout the year and cover a variety of relevant topics.

## Share

**These courses will help you learn how to use and share your time, talents, and treasures.**



## Grace Walk

Grace Walk is an eight-week study about God's grace and understanding our identity in Christ—who we really are—and how we can walk in grace. You will discover the freedom of your new life in Christ and how you can let him live his life through you each day. As you experience your true identity in Christ, you'll come to know "Amazing Grace" as not just a song but as your true way of life.

## The Fruit of the Spirit

Love. Joy. Peace. Patience. We desire to exhibit these qualities in our lives, but anger, stress, and impatience seem much more abundant. So how do we cultivate those good qualities? Those characteristics (the fruit of the Spirit) are the result of our

response to God working in our lives. In this four-session study you'll gain a deeper understanding of the nine fruits of the Spirit in Galatians and how you can bear more good fruit in your life.

### **Christian Life Profile Assessment**

Are you thinking, acting, and becoming more like Jesus? A healthy Christian life can be summed up by thirty core competencies of beliefs, practices, and virtues. Broader than a spiritual gifts inventory or a personality profile, this tool, delivered over two sessions, will show exactly where you stand and help you plan for the road ahead.

### **Divine Design**

Learn how to make serving both fruitful and fulfilling. Divine Design will help you discover your spiritual gifts, personal style, and God-given passion for serving in the body of Christ. During two three-hour sessions you will discover the spiritual gifts God has given you and the best places for you to serve and put your gifts to work in God's kingdom so that serving is a joy.

### **Financial Peace University**

This is your opportunity to learn how to get your finances under control. In this nine-week money management class, Dave Ramsey and his team will walk you through the basics of getting out of debt, creating a budget, making wise spending decisions, saving for the future, and much more. Experience this life-changing class with others who have the same goals and coaches who can answer your questions.



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