



# A LIFESTYLE OF LEARNING

## Warm-up

1. Which subject did you enjoy most in school? Which one did you like least? Why?  
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2. What was the most recent transition you've undergone? How did you feel during that time? (e.g. moved houses, changed jobs, got married, graduated from school)  
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3. What was the most difficult situation you have ever encountered? What did you learn from that experience?  
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## Word

***Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.***

Matthew 11:29

The definition for life included one's capacity for growth. Everything that has life experiences growth. The moment something stops growing, it is no longer alive. In life, we grow physically, intellectually, emotionally, and spiritually. Jesus invites us to learn from Him so He can help us experience life in all its fullness. Following are three tools God uses to teach and mature us.

### 1. LEARN FROM TRIALS.

The trials we face are great opportunities for growth and maturity. This growth comes, not by merely experiencing trials, but as we persevere through them in faith, knowing that God is using them to mold our characters and that He will see us through. How have you seen God use the trials you've faced as opportunities for personal and spiritual growth?

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<sup>2</sup>Consider it pure joy, my brothers, whenever you face trials of many kinds, <sup>3</sup>because you know that the testing of your faith develops perseverance. <sup>4</sup>Perseverance must finish its work so that you may be mature and complete, not lacking anything.  
James 1:2-4

<sup>3</sup>Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; <sup>4</sup>perseverance, character; and character, hope. <sup>5</sup>And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 5:3-5

### 2. LEARN FROM TRANSITIONS.

It's been said that the only thing permanent in life is change. Most people, however, find transitions of any kind frightening and threatening. Abraham chose to embrace change, trusting God for the end result. How is Abraham's response to change evidenced in his actions? Why could Abraham respond to change so positively?

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<sup>8</sup>By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. <sup>9</sup>By faith he made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise.

<sup>10</sup>For he was looking forward to the city with foundations, whose architect and builder is God.

Hebrews 11:8-10

### 3. LEARN FROM THE TRUTH.

People who choose to learn truth reap its many benefits: wisdom, freedom, peace, integrity. And contrary to popular belief, truth is not relative. The Bible teaches that Truth is a person, Jesus Christ, and His Spirit will guide us into all truth. How do you practically learn God's truth? How have you benefited from His truth?

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*Buy the truth and do not sell it; get wisdom, discipline and understanding.*

Proverbs 23:23

*Jesus answered, "I am the way and the truth and the life."*

John 14:6

*But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.*

John 16:13

## Personal Application

1. What trial or transition are you facing right now? How are you responding to it?

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2. Are there areas in your life that are not in alignment with God's Truth? What will you do about that?

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3. What did you learn from this lesson and how will you put it into practice?

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## Prayer

**<sup>14</sup>This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. <sup>15</sup>And if we know that he hears us—whatever we ask—we know that we have what we asked of him.**

1 John 5:14,15