



Introduction To Spiritual Maturity

CLASS 201

One Way Church of Christ



THE PURPOSE OF THIS CLASS:

*"... that you may become mature Christians
and may fulfill God's will for you."*

Col. 4:12b (Ph)

*"We are not meant to remain as children ...
but to grow up in every way into Christ..."*

Eph. 4:14-15 (Ph)



THE FOCUS OF THIS CLASS:

We will focus on the **Four Basic Habits** every Christian needs to develop in order to grow to spiritual maturity. This class will ...

▣ Equip you with the **skills** you need to begin these habits.

▣ Explain the **tools** you need to continue these habits.



WHAT IS "SPIRITUAL MATURITY"?

*"...In the unity of common faith, and knowledge of
the Son of God, we arrive at real maturity - the
measure of development which is meant by 'the
fullness of Christ.'" Eph 4:13(Ph)*

Spiritual Maturity is _____



FACTS ABOUT SPIRITUAL MATURITY

1. IT'S NOT _____.

*"You have been Christians for a long time now,
and you ought to be teaching others, but instead
... you need someone to teach you ... When a
person is still living on milk, it shows he isn't
very far along in the Christian life ... He's still a
baby Christian!" Heb. 5:12-13 (LB)*



FACTS ABOUT SPIRITUAL MATURITY

2. IT IS A _____.

"Learn to be mature."

Prov. 8:5 (GN)

*"Continue to grow in the grace and knowledge
of our savior Jesus Christ."*

2 Peter 3:18 (GN)



FACTS ABOUT SPIRITUAL MATURITY

3. IT TAKES _____.

"Take the time and the trouble to keep yourself spiritually fit."

1 Tim. 4:7b (Ph)

"Discipline yourself for the purpose of godliness." (NASB)



UNDERSTANDING DISCIPLESHIP

1. Mature believers are called:

DISCIPLES

2. I cannot be a disciple without being:

DISCIPLINED

3. The more disciplined I become:

THE MORE GOD CAN USE ME!



UNDERSTANDING DISCIPLESHIP

4. The mark of a disciple is

CROSS-BEARING

(Jesus) *"Anyone who does not carry his cross and follow me cannot be my disciple."*

Luke 14:27



UNDERSTANDING DISCIPLESHIP

5. How often am I to do this?

(Jesus) *"If anyone would come after Me, he must deny himself, and take up his cross daily, and follow Me."* Luke 9:23



UNDERSTANDING DISCIPLESHIP

6. What is involved in "cross bearing"?

_____ to give
Christ first place in my life!



FOUR HABITS OF A DISCIPLE

HOW CAN I BECOME A DISCIPLE?

Develop _____.

"... You have put off the old self with its HABITS, and have put on the new self ... which God is continually renewing in His own image, to bring you to a full knowledge of Himself."

Col. 3:9-10



FOUR HABITS OF A DISCIPLE

1. _____

"If you continue in My Word, then you are My disciples indeed. And you will know the truth and the truth will set you free."

John 8:31-32



FOUR HABITS OF A DISCIPLE

2. _____

"If you remain in Me, and My words remain in you, then you will ask for anything you wish, and you shall have it ... in this way you become My disciples."

John 15:7-8 (GN)



FOUR HABITS OF A DISCIPLE

3. _____

"None of you can be My disciple unless he gives up all of his possessions."

Luke 14:33 (JB)

"The purpose of tithing is to teach you to always put God first in your lives."

Deut. 14:23 (LB)



FOUR HABITS OF A DISCIPLE

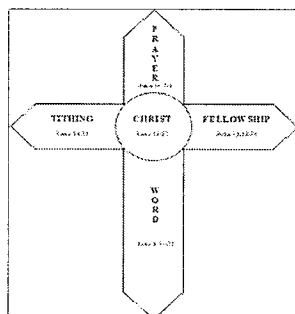
4. _____

"Love each other just as much as I love you. Your strong love for each other will prove to the world that you are My disciples."

John 13:34-35 (LB)



THE DISCIPLE'S CROSS



CLASS OUTLINE

SESSION ONE:

- Introduction: Spiritual Maturity and Habits
- How to Get A "Grasp" On Your Bible
- The Habit of A Daily Time With God



CLASS OUTLINE

SESSION TWO:

- The Habit of Prayer: Talking with God
- The Habit of Tithing: Giving Back to God
- The Habit of Fellowship: Enjoying God's Family
- How To Start And Maintain Good Habits



THE GOAL OF THIS CLASS

That I will _____ to the habits necessary for spiritual maturity.

"In the past you voluntarily gave your bodies to the service of vice and ... the purposes of evil. So now give yourselves to the service of righteousness - for the purpose of becoming truly good."

Rom.6:19 (Ph)



HOW TO GET A "GRASP" ON YOUR BIBLE



SIX WAYS TO GET A "GRASP" ON YOUR BIBLE



HOW TO HEAR GOD'S WORD

"Faith comes from hearing the Word of God."
Rom. 10:17

Ways to Hear God's Word

- ▣ The Bible on tape
- ▣ Church services & studies
- ▣ Sermon tapes
- ▣ Radio/TV teachers



HOW TO HEAR GOD'S WORD

PROBLEM: We forget _____ % of what we hear after 72 hours.



HOW TO IMPROVE YOUR HEARING

1. Be ready and eager to hear God.

(Jesus) *"He who has ears to hear, let him hear!"*
Luke 8:8

"How sweet are your words to my taste, sweeter than honey to my mouth!"
Psalm 119:103



HOW TO IMPROVE YOUR HEARING

2. Deal with attitudes that prevent hearing God (Luke 8:4-15)

"Consider carefully how you listen ..."
Luke 8:18

▣ **A Closed Mind:** Is fear, pride or bitterness preventing me from hearing God?



HOW TO IMPROVE YOUR HEARING

▣ **A Superficial Mind:** Am I really serious about wanting to hear God speak?

▣ **A Preoccupied Mind:** Am I too busy and concerned with other things to concentrate on what God has to say?



HOW TO IMPROVE YOUR HEARING

3. Confess any sin in your life.

"... Get rid of all moral filth and humbly accept the Word..." James 1:21



HOW TO IMPROVE YOUR HEARING

4. Take notes on what you hear.

"We must pay more careful attention to what we've heard, so that we do not drift away!"
Heb. 2:1

Keep a Spiritual Notebook



THE GOAL OF THIS CLASS

5. Act on what you hear!

"Do not merely listen to the Word, and so deceive yourselves. Do what it says!"
James 1:22

"Whoever ... does not simply listen and then forget, but puts it into practice - that person will be blessed in what he does."
James 1:25 (GN)



HOW TO READ GOD'S WORD

"Happy is the one who reads this book ... and obeys what is written in it!"

Rev. 1:3 (GN)

How often should I read God's Word?



HOW TO READ GOD'S WORD

If I read approximately ____ minutes a day,
I can read through the Bible once a year.



HOW TO STUDY GOD'S WORD

"... they accepted the message eagerly and studied the Scriptures everyday ..."

Acts 17:11 (Ph)

"Be a good workman ... Know what His Word says and means."

2 Tim. 2:15



HOW TO STUDY GOD'S WORD

The difference between reading and studying the Bible is that you _____ when you study.

The secret of effective Bible study is knowing how to ASK THE RIGHT QUESTIONS.



HOW TO MEMORIZE GOD'S WORD

"Guard my words as your most precious possession. Write them down, and also keep them deep within your heart."

Prov. 7:2-3 (LB)



BENEFITS OF MEMORIZING SCRIPTURE

1. It helps me resist temptation.

"I have hidden your Word in my heart that I might not sin against you." Ps. 119:11

2. It helps me make wise decisions.

"Your Word is a lamp to guide me and a light for my path." Ps. 119:105



BENEFITS OF MEMORIZING SCRIPTURE

3. It strengthens me when I'm under stress.

"... Your promises to me are my hope. They give me strength in all my troubles; how they refresh and revive me!"

Ps. 119:49 (LB)

4. It comforts me when I'm sad.

"Your words are what sustain me ... They bring joy to my sorrowing heart and delight me."

Jer. 15:16 (LB)



BENEFITS OF MEMORIZING SCRIPTURE

5. It helps me witness to unbelievers.

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." 1 Peter 3:15



BENEFITS OF MEMORIZING SCRIPTURE

THREE KEYS TO MEMORIZING:

We remember what is _____.



HOW TO MEDITATE ON GOD'S WORD

"(Those) who are always meditating on His Laws ... are like trees along a river bank bearing fruit ... they never wither and whatever they do prospers." Ps. 1:2-3 (LB)

Meditation is _____ about a Bible verse in order to discover how I can apply its truth to my own life.



WHY MEDITATE ON SCRIPTURE?

1. It is the key to becoming like _____.

2. It is the key to answered _____.

3. It is the key to successful _____.



SIX WAYS TO MEDITATE ON A VERSE

1. Picture it!
2. Pronounce it!
3. Paraphrase it!
4. Personalize it!
5. Pray it!
6. Probe it!



WHY MEDITATE ON SCRIPTURE?

S.P.A.C.E.P.E.T.S. Questions



S.P.A.C.E.P.E.T.S.

SIN TO CONFESS?
PROMISE TO CLAIM?
ATTITUDE TO CHANGE?
COMMAND TO KEEP?
EXAMPLE TO FOLLOW?



S.P.A.C.E.P.E.T.S.

PRAYER TO PRAY?
ERROR TO AVOID?
TRUTH TO BELIEVE?
SOMETHING TO THANK GOD FOR?



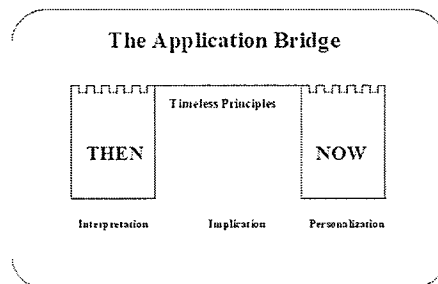
HOW TO APPLY GOD'S WORD

*"Do not fool yourselves by just listening to the
Word. Instead, put it into practice."
James 1:22*

*"... Whoever practices and teaches these
commands will be called great in the kingdom of
heaven."
Matt. 5:19*



HOW TO APPLY SCRIPTURE



HOW TO APPLY GOD'S WORD

4 MARKS OF A GOOD APPLICATION PROJECT

- ☐ It's PERSONAL
- ☐ It's PRACTICAL
- ☐ It's POSSIBLE
- ☐ It's PROVABLE



THE HABIT OF A DAILY TIME WITH GOD



HOW TO HAVE A QUIET TIME

DEFINITION: *"A quiet time is a daily time I set aside to be alone with God to get to know Him through the Bible and prayer."*



THE IMPORTANCE OF A DAILY QUIET TIME

Your time alone with God should be the top priority in your schedule for five reasons:

1. We were _____ to have fellowship with God.

"So God created man in his own image ..."
Gen. 1:27, 2:7, 3:8



THE IMPORTANCE OF A DAILY QUIET TIME

2. Jesus _____ to make a relationship to God possible.

"God ... has invited you into this wonderful friendship with his Son, Christ our Lord."
1 Cor. 1:9 (LB)



THE IMPORTANCE OF A DAILY QUIET TIME

3. Personal time alone with God was Jesus' _____.

Mark 1:35, Luke 22:39, Luke 5:16

"Jesus often withdrew to lonely places and prayed."



THE IMPORTANCE OF A DAILY QUIET TIME

4. Every person who has been effective in _____ for God developed this habit.

Abraham, Moses, David, Daniel, Paul, etc.



THE IMPORTANCE OF A DAILY QUIET TIME

5. You cannot be a _____ Christian
without it!

*"Man cannot live on bread alone but on every
word that God speaks."*

Matt. 4:4 (GN)



THE PURPOSE OF A DAILY QUIET TIME

1. TO GIVE _____ TO GOD.

*"Give to the Lord the glory due to His name.
Worship the Lord in the splendor of His
holiness."*

Ps. 29:2



THE PURPOSE OF A DAILY QUIET TIME

2. TO GET _____ FROM GOD.

*"Show me the path where I should go,
O Lord; point out the right road for me to walk.*

Lead me ... "

Ps. 25:4 (LB)



THE PURPOSE OF A DAILY QUIET TIME

2 Things To Do In A Quiet Time

Consider your way: *"Ponder the path of
your feet and let all your ways be established."*
Prov. 4:26 (KJV)

Commit your day: *"Commit everything you
do to the Lord. Trust Him to help you do it and
He will."* Ps. 37:5 (LB)



THE PURPOSE OF A DAILY QUIET TIME

3. TO GAIN _____ IN GOD.

*"Delight yourself in the Lord; and He will give
you the desires of your heart."*

Ps. 37:4 (KJV)



THE PURPOSE OF A DAILY QUIET TIME

FACT: The better I get to know Christ, the
more _____.

*The objective of your Quiet Time is not to study
about Christ, but to actually spend time with
Him!*



THE PURPOSE OF A DAILY QUIET TIME

4. TO GROW _____ LIKE GOD.

"Jesus has the power of God, by which He has given us everything we need to live and to serve God. We have these things because we know Him.... With these gifts you can share in being like God " 2 Pet. 1:4 (NCV)



HOW TO BEGIN A DAILY QUIET TIME

1. SELECT A SPECIFIC TIME.

☐ The best time to have a quiet time is when I am AT MY BEST!

☐ Whatever time you set, _____



HOW TO BEGIN A DAILY QUIET TIME

2. CHOOSE A SPECIAL PLACE.

"Jesus left the city and went, as He usually did, to the Mount of Olives ... to pray."
Luke 22:39 (GN)



HOW TO BEGIN A DAILY QUIET TIME

3. GATHER THE RESOURCES YOU'LL NEED.

- ☐ A Bible - with readable print.
- ☐ A Notebook - to write down what the Lord speaks to you about, and to keep your prayer list.
- ☐ A Songbook - if you want to sing.



HOW TO BEGIN A DAILY QUIET TIME

4. BEGIN WITH THE RIGHT ATTITUDES

☐ REVERENCE

"Be still, and know that I am God. "Ps. 46:10

☐ EXPECTANCY

"Open my eyes to see wonderful things in Your Word. "Ps. 119:18 (LB)



HOW TO BEGIN A DAILY QUIET TIME

OBEDIENCE

"The thing you should want most is God 's kingdom and doing what God wants " Mat t. 6:33 (NCV)



HOW TO BEGIN A DAILY QUIET TIME

5. FOLLOW A SIMPLE PLAN

1. _____ (1 Minute)

Be still and quiet! Slow down! Prepare your heart. Take a few deep breaths and wait on God.



HOW TO BEGIN A DAILY QUIET TIME

2. _____ (4 Minutes)

See the section on "How To Read God's Word".

Begin reading where you left off the day before. Read until you feel God has told you something. Then stop and think about it.



HOW TO BEGIN A DAILY QUIET TIME

3. REFLECT ON THE VERSE. (4 Minutes)

See the section on "How To Meditate on God's Word".



HOW TO BEGIN A DAILY QUIET TIME

4. _____ (2 Minutes)

See the section on "How To Apply God's Word".



HOW TO BEGIN A DAILY QUIET TIME

5. _____ (4 Minutes)

See the section on "The Habit of Prayer". Conclude your Quiet Time by talking to God about what He has shown you and making your requests from your prayer list.



HOW TO OVERCOME THE PROBLEMS

1. THE PROBLEM OF DISCIPLINE Suggestions

1. Go to bed ON TIME.
2. Get up IMMEDIATELY.
3. Be aware of quiet time _____.
4. Fall asleep thinking _____.



THE PROBLEM OF DISTRACTIONS

Suggestions

Get out of _____.

Get thoroughly _____.

Read and pray **ALoud**.

WALK during your prayer time.

Keep a _____.



THE PROBLEM OF DRYNESS

Sometimes you will feel like you're not getting anything out of your quiet time.
(*"The Battle of the Blahs"*)

Never judge your quiet time by your
_____.



THE PROBLEM OF DILIGENCE

Your greatest problem will be your struggle to stay consistent. I find Satan fights nothing harder than my quiet time.



THE PROBLEM OF DILIGENCE

What if I miss a day?

„Don't _____.

„Don't _____.

„Don't _____.



THE PROBLEM OF DILIGENCE

It takes _____ weeks for you to become familiar with a new task. Then it takes another _____ weeks before it becomes a comfortable habit.



THE HABIT OF PRAYER



APPROACH PRAYER... RIGHT ATTITUDE

BE _____!

*"When you pray, do not be like the hypocrites,
for they love to pray standing in the synagogues
and on the street corners to be seen by men."*

vs. 5

Don't try to _____!

Don't try to _____!



APPROACH PRAYER... RIGHT ATTITUDE

BE _____!

*"But when you pray go into your room, close the
door and pray to your Father who is unseen.
Then your Father, who sees what is done in
secret, will reward you." vs. 6*



APPROACH PRAYER... RIGHT ATTITUDE

BE REVEALING!

*"Don't recite the same prayer over and over as
the heathen do, who think prayers are answered
only be repeating them again and again.
Remember, your Father knows exactly what you
need before you ask Him! vs. 7-8 (LB)*



USE THE MODEL JESUS GAVE US

1. PRAISE:

I BEGIN BY EXPRESSING LOVE TO
GOD!

*"Our Father in heaven, hallowed be Your
name.."*



USE THE MODEL JESUS GAVE US

HOW TO PRAISE GOD:

KEY: GOD'S CHARACTER is the basis
for our boldness in making requests in
prayer. God answers the prayers that
acknowledge who He is!



USE THE MODEL JESUS GAVE US

2. PURPOSE:

I COMMIT MYSELF _____

*"Your kingdom come, Your will be done,
on earth as it is in heaven ..."*



USE THE MODEL JESUS GAVE US

3. PROVISION:

I ASK GOD TO _____
_____.

*"Give us today our **daily** bread ..."*



USE THE MODEL JESUS GAVE US

What needs can I pray about?

ALL OF THEM!

THE KEY: BE SPECIFIC!



USE THE MODEL JESUS GAVE US

4. PARDON:

I ASK GOD TO FORGIVE MY SINS!



USE THE MODEL JESUS GAVE US

5. PEOPLE:

I PRAY FOR OTHER PEOPLE!

"... as we have also forgiven our debtors."



USE THE MODEL JESUS GAVE US

6. PROTECTION:

I ASK FOR _____

*"And lead us not into temptation but deliver us
from the evil one." (vs. 13)*



THE HABIT OF TITHING



WHY GOD WANTS ME TO GIVE

1. GIVING MAKES ME _____!

"God so loved the world that He gave his only Son ..." John 3:16



WHY GOD WANTS ME TO GIVE

2. GIVING DRAWS ME _____
GOD!

"Where your treasure is, there your heart is also." Matt. 6:21

3. GIVING IS THE ANTIDOTE TO _____.



WHY GOD WANTS ME TO GIVE

4. GIVING STRENGTHENS _____

"Trust in the Lord with all your heart and lean not on your own understanding. Honor the Lord by giving Him the first part of your income, and He will fill your barns to overflowing." Prov. 3:5,9



WHY GOD WANTS ME TO GIVE

5. GIVING IS AN INVESTMENT IN ETERNITY!

"... Give happily to those in need, and always be ready to share whatever God has given you. By doing this, you will be storing up real treasure for yourselves in heaven - it is the only safe investment for eternity. 1 Tim 6:18-19 (LB)



WHY GOD WANTS ME TO GIVE

6. GIVING BLESSES ME _____

"A generous man himself will be blessed." Prov. 22:9



WHY GOD WANTS ME TO GIVE

7. GIVING _____!

"There is more happiness in giving than in receiving." Acts 20:35



WHAT THE BIBLE TEACHES...TITHING

WHAT IS TITHING?

"Tithe" means "a _____ part"



WHAT THE BIBLE TEACHES...TITHING

WHAT IS THE DIFFERENCE BETWEEN A "TITHE" AND AN "OFFERING"?

- A "tithe" is giving the FIRST 10TH of my income.
- An "offering" is anything I give IN ADDITION to my tithe.



WHY SHOULD I TITHE?

1. Because God COMMANDS IT!
2. Because Jesus COMMENDED IT!
3. Tithing demonstrates that God has 1ST PLACE IN MY LIFE.



WHY SHOULD I TITHE?

4. Tithing reminds me that EVERYTHING I HAVE was given to me by God!
5. Tithing expresses my LOVE TO THE LORD!
6. God says that refusing to tithe is STEALING from Him!



WHY SHOULD I TITHE?

7. Tithing gives God a chance to prove THAT HE EXISTS and wants to bless you!
8. Tithing proves that I LOVE GOD.



WHAT SHOULD I TITHE?

The _____ part of what I earn, not the LEFTOVERS!

"Honor the Lord by giving Him the first part of all your income."

Prov. 3:9-10



WHERE SHOULD I GIVE MY TITHE?

WHERE I WORSHIP!

"Bring your *whole* tithe to My Storehouse (Temple) ..." Mal. 3:10



WHERE SHOULD I GIVE MY TITHE?

WHEN SHOULD I TITHE? WEEKLY!

"On the first day of every week, set aside some of what you have earned and give it as an offering. The amount depends on how much the Lord has helped you earn." 1 Cor. 16:2 (LB)



GIVING WITH THE RIGHT ATTITUDES

- GIVE WILLINGLY!

"For if the willingness is there, your gift is acceptable according to what you have, not according to what you don't have."

2 Cor. 9:12

- GIVE CHEERFULLY!

"... for God loves a cheerful giver! "

2 Cor. 9:7



GIVING WITH THE RIGHT ATTITUDES

- GIVE _____!

"They gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service ..." 2 Cor. 8:3-4



GIVING WITH THE RIGHT ATTITUDES

- GIVE _____!

"Remember this: Whoever sows sparingly will also reap sparingly; and whoever sows generously will reap generously. "

2 Cor. 9:6



THE HABIT OF FELLOWSHIP



WHY IS FELLOWSHIP SO IMPORTANT?

1. I _____ IN GOD'S FAMILY WITH OTHER BELIEVERS.

"Let us do good to all people, especially to those who belong to the family of believers."

Gal. 6:10



WHY IS FELLOWSHIP SO IMPORTANT?

2. I NEED ENCOURAGEMENT TO GROW SPIRITUALLY.

"Let us think of one another and how we can encourage each other to love and do good deeds."

Heb. 10:24 (Ph)



WHY IS FELLOWSHIP SO IMPORTANT?

3. I NEED ACCOUNTABILITY TO GROW SPIRITUALLY

"People learn from one another just as iron sharpens iron." Prov. 27:17 (GN)



WHY IS FELLOWSHIP SO IMPORTANT?

4. CHRIST IS PRESENT WHEN WE FELLOWSHIP TOGETHER.

"For wherever two or three have come together in My name, I am there, right among them!"

Matt 18:20 (GN)



WHY IS FELLOWSHIP SO IMPORTANT?

5. THERE IS _____ WHEN PEOPLE PRAY TOGETHER.

"Whenever two of you on earth agree about anything you pray for, it will be done for you by My Father in heaven."

Matt. 18:19 (GN)



WHY IS FELLOWSHIP SO IMPORTANT?

6. FELLOWSHIP IS A _____ TO THE WORLD.

(Jesus) "My prayer for all of them is that they will be of one heart and mind .. so the world will believe You sent Me."

John 17:21(LB)



WHY IS FELLOWSHIP SO IMPORTANT?

7. I AM _____ TO EVERY OTHER CHRISTIAN

"God has given you some special abilities; be sure to use them to help each other ..."

1 Peter 4:10 (LB)



WHY IS FELLOWSHIP SO IMPORTANT?

III The "One Anothers" of Fellowship

- 1. Serve one another Gal. 5:13
- 2. Accept one another Rom 15:7
- 3. Forgive one another Col. 3:13
- 4. Greet one another Rom 16:16
- 5. Bear one another's burdens Gal. 6:2
- 6. Be devoted to one another Rom. 12:10
- 7. Honor one another Rom. 12:10
- 8. Teach one another Rom 15:14
- 9. Submit to one another Eph. 5:21
- 10. Encourage one another 1 Thess. 5:11



WHY IS FELLOWSHIP SO IMPORTANT?

HOW CAN A LARGE CHURCH MAINTAIN CLOSE FRIENDSHIPS?

EVERY MEMBER NEEDS TO BE A PART OF A SMALL GROUP.



WHY IS FELLOWSHIP SO IMPORTANT?

2 Types of Church Meetings

Large Group:

Small Group:

At One Way, we believe our church must ... grow LARGER and SMALLER at the same time.



WHAT IS THE PURPOSE OF OUR SMALL GROUPS?

1. _____

"They DEVOTED THEMSELVES to the apostle's teaching ..."

2. _____

"...and to the fellowship ..."

3. _____

"... and to the breaking of bread ..."



WHAT IS THE PURPOSE OF OUR SMALL GROUPS?

4. _____

"... and to prayer ..."

5. _____

"... they gave to anyone as he had a need ..."

6. _____

"... they ate together with glad and sincere hearts ..."



WHAT IS THE PURPOSE OF OUR SMALL GROUPS?

7. _____

"...praising God and enjoying the favor of all the people."

8. _____

"And the Lord added to their number daily those who were being saved."



HOW TO START AND MAINTAIN GOOD HABITS



HOW TO START & MAINTAIN HABITS

▣STEP ONE: DESIRE!

▣STEP TWO: DECIDE!

▣STEP THREE: DECLARATION!



HOW TO START & MAINTAIN HABITS

▣STEP FOUR: _____!

IT TAKES ____ TO ____ REPETITIONS
TO LEARN SOMETHING!

▣STEP FIVE: _____!



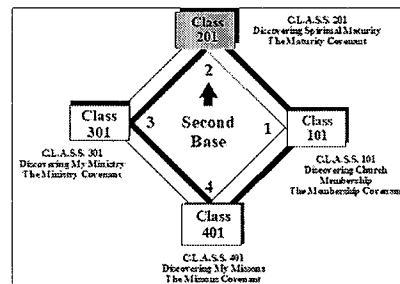
HOW TO START & MAINTAIN HABITS

▣STEP SIX: _____!

▣STEP SEVEN: _____!



WHAT NOW?





CLASS 201

Congratulations!

You Have Completed CLASS 201

