



# Growth: Training vs. Trying (Pursuing Spiritual Transformation)

*John Ortberg, Laurie Pederson, Judson Poling*

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What would your life be like if Jesus lived it? Imagine the change you would experience in your thoughts, actions, and relationships. Think of the joy and freedom that could transform every area of your life.

That's exactly what God has in mind for you! You'll find out how in Growth. Through personal study and small group interaction, this study sets you on a path to live out the character of Jesus in this world as only you can. It happens not by trying hard, but by training. By cultivating spiritual disciplines--Scripture meditation, prayer, solitude, endurance, loving others--you'll discover the joy of being transformed by Christ and the freedom of living each day sustained by his power.

Leader's guide included!

Growth group sessions are:

Training to Live Like Jesus

The Practice of Scripture Meditation

The Practice of Solitude

Simple Prayer

Three Transforming Prayers

The Roundabout Way

And the Greatest of These Is Love

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