

a journey to spiritual maturity

get ready
get set
GO



JoAnn Cook

Get Ready, Get Set, Go!

A Journey to Spiritual Maturity

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© 2003, Word Aflame Press
Hazelwood, MO 63042-2299
Printing History: 2003, 2008

Cover Design by Paul Povolni

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Printed in United States of America

Printed by



WORD AFLAME PRESS
8855 Dunn Road, Hazelwood, MO 63042
www.pentecostalpublishing.com

Library of Congress Cataloging-in-Publication Data

Cook, JoAnn.

Get Ready, Get Set, Go! : a journey to spiritual maturity / by JoAnn Cook.
p. cm.

ISBN 1-56722-618-3

1. Spiritual life. I. Title.

BV4501.3.C663 2992

248.4—dc21

2002193389

get ready . . .

The Race Begins!

It is our hope that this booklet will provide you, the born again Christian, some direction as you begin your lifetime journey with Jesus Christ. When writing to the Hebrews, the Apostle Paul referred to this journey as a race. He instructed us to run with perseverance the race marked out for us and to fix our eyes on Jesus, the Author and Finisher of our faith (Hebrews 12:1-2). Enjoy each step of your Christian race. Keep your eyes on Jesus and continue running toward the mark He has set for you. Pace yourself to win by applying the principles outlined in these lessons. You will “grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ” (II Peter 3:18) and, with God’s help, run this race and cross the finish line in His perfect time.

You’re a Christian now, and that means there have been some changes—you’re a new creation!

*“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new”
(II Corinthians 5:17).*

Oh, I know that you look the same. Your shape hasn’t changed, and your eyes and hair are still the same color; but a change has happened inside of you. Man

is made up of three parts: (1) body, (2) soul, and (3) spirit. Up until the time you became a Christian, you were taking care of your physical body, but now you need to learn how to take care of your spirit and soul. Healthy Christians are spiritually growing Christians. Growth is as normal and necessary for the Christian life as it is for the physical body. Entering God's family by the new birth, believers become "babes in Christ" (I Corinthians 3:1). Regardless of our age, we all begin as spiritual infants needing to "grow up" into our salvation (I Peter 2:2). God wants and expects newborn Christians to grow. To assist us in this spiritual growth, God has given us gifted leaders (Ephesians 4:11-15). Our goal as a new creature in Christ is to become spiritually mature.

Growing spiritually is not automatic; it is a lifelong experience. Maturing in Christ involves many things. Like physical fitness, it includes proper nourishment, adequate exercise, good hygiene, and a positive outlook. Believers need to maintain a balanced spiritual fitness program. This should include the following:

1. Worshipping God
2. Praying
3. Reading the Word of God
4. Listening to the preaching and teaching of the Word
5. Obeying the Word
6. Fellowshiping with like-minded Christians

The following lessons will help you develop your own spiritual fitness. Don't be disappointed if you fail or make mistakes at times—we all do, but you are still loved by God and your brothers and sisters in Christ.

Welcome to His family!