

SPIRITUAL FORMATION

TEST ANSWER KEY

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LESSON 1

FORMED INTO THE IMAGE OF CHRIST

1. What is the definition of spiritual formation, as taught in Lesson 1?

Spiritual formation is the gracious process of being conformed to the image of Jesus Christ for the sake of others.

2. List four key scripture passages related to spiritual formation.

- 2 Corinthians 3:18
- Galatians 4:19
- Colossians 1:28
- Ephesians 4:13-14

3. Finish this statement: Grace is opposite to **earning** but is not opposite to **effort**. Explain. (The answer should be something similar to the following.)

There is nothing we can do to transform ourselves into Jesus' likeness. Yet there is much we must do to make ourselves available to God's transforming grace.

4. The outcome of spiritual formation will be a life governed by what?

Divine love

5. What does it mean to behold the glory of the Lord?

To earnestly contemplate the person and redeeming work of Jesus Christ, revealed in the word of God.

6. Why is spiritual formation a process?

- It involves a change of mind.
- It involves making better choices.
- We are shaped by life experiences.

7. What four hindrances must we guard against as we pursue spiritual formation?

- Legalism
- Cheap grace
- Sensationalism
- Perfectionism

LESSON 2

THE JOURNEY OF SPIRITUAL FORMATION

HOW THE IMAGE OF CHRIST IS FORMED IN US

From memory, fill in all of the missing words in the Spiritual Formation Roadmap table, complete with scripture references. Then explain the Spiritual Formation Roadmap to the rest of the class.

Compare the student's table to the table in this lesson.

Grade how well the student is able to explain the concept of the Spiritual Formation Roadmap.

LESSON 3

THE FORMING POWER OF BIBLICAL ASSURANCE

1. Retake the assurance test.

Answers are on the last two pages of this answer key.

2. What are the three building blocks of assurance discussed in this lesson?

Faith in the finished work of Christ, affirmed by the faithful witness of the Holy Spirit, and the fruitful walk of the Christian.

3. What are six results of saving faith?

- We are justified.
- We are made (spiritually) alive.
- We are sanctified.
- We are reconciled to God.
- We are adopted into God's family.
- We are promised an inheritance.

4. Name some of the fruits of true salvation. (Any of the following)

- A changed secret life
- Real repentance
- Love for Jesus and people
- Obedience to God's Word
- A change in one's thought life
- An exclusive devotion to God as your God
- A new creation
- A radical trust in Jesus
- Seeing people in a whole new way

LESSON 4

SPIRITUAL FORMATION THROUGH KNOWING GOD

1. How can we form a healthier view of God?
 - By meditating on God's revelation of himself
 - By looking at Jesus
 - By experiencing God personally
2. Briefly define the name and attributes of God given in Exodus 34:6.
 - Yahweh: God is our lover, provider and defender.
 - Compassionate: He genuinely cares about us and his heart is tender toward us.
 - Gracious: He treats us kindly even though we don't deserve it.
 - Slow to anger: He is patient with our failures.
 - Love: He overflows with unshakable love and kindness.
 - Truth: Whatever he says is reliable and trustworthy.
3. Offer scripture references which show that Jesus is the full revelation of God.
 - John 1:1, 14, 16, 18
 - John 14:9
 - Colossians 1:15, 19

LESSON 5

SPIRITUAL FORMATION THROUGH AWARENESS OF SELF - PART 1

1. Name the five vital truths for knowing ourselves taught in this lesson.
 - New birth leads to awareness of pride.
 - Pride—an unbroken will—is the greatest enemy of spiritual formation.
 - Self-centeredness wars against the Spirit who forms us into the image of Christ.
 - Death to self is the next step to experiencing the fullness of God and the life of holiness.
 - Death to self requires decisive surrender.
2. Give four of the manifestations of self mentioned in this lesson. (Any four)
 - Self-fulfillment
 - Self-gratification
 - Self-promotion
 - Self-sufficiency
 - Self-pity
 - Self-preservation
 - Self-will
3. What are six of the twelve characteristics of broken people in this lesson? (Any six)
 - Broken people have a teachable spirit.
 - Broken people are willing to yield to others.
 - Broken people fear God more than man.
 - Broken people have a submissive spirit.
 - Broken people accept God's opinion over culture and tradition.
 - Broken people do not promote themselves and are not afraid of the lowest seat.
 - Broken people graciously accept honor without pride.
 - Broken people confess their faults and do not feel the need to protect their image.
 - Broken people obey God in little things.
 - Broken people wait on the Lord before making decisions.
 - Broken people walk by faith and not by sight.
 - Broken people pursue holiness rather than happiness.
4. Explain in your own words how Jesus is an example of decisive surrender. (The answer should be something similar to the following.)

When faced with the cross, Jesus the man didn't want to go through with it. This was a point of surrender for him. He surrendered his will to the will of his heavenly Father and gained the victory. In this he is an example to us.

LESSON 6

SPIRITUAL FORMATION THROUGH AWARENESS OF SELF - PART 2

1. What are the three vital truths taught in this lesson?

- Death to self is only possible by grace through faith.
- The life of Christ in us is the fruit of death to self.
- A life of death to self and surrender to Christ requires cultivation.

2. What is the key to death of self?

Sharing by faith in the death and resurrection of Jesus.

3. Complete this sentence: Only the **cross** can break self-centeredness.

4. Complete this sentence: Self-emptying makes room for the **full indwelling** and control of the **Holy Spirit**.

5. Name three characteristics of the life of Jesus in a believer. (Any three)

- Generous, self-giving, sacrificial love
- Empowerment and direction of the Holy Spirit
- Gentle and sincere behavior
- Deepening spiritual insight
- Freedom from fear and anxiety
- Fellowship with God and fellow believers
- Victory over besetting sin
- Increasing humility

6. What were the six steps for cultivating or pursuing holiness as taught by Dr. Brown?

- Lay aside every weight.
- Lay aside the easily ensnaring sin.
- Look unto Jesus.
- Persevere in the fight against sin.
- Submit to the Lord's chastening with thanksgiving.
- Strengthen other believers.

LESSON 7

THE IMAGE OF CHRIST THROUGH SPIRITUAL TRAINING

1. What does godliness mean?

Godliness is the beautiful life of Jesus produced in us by the Holy Spirit. Godliness is knowing, delighting in, obeying, and walking with God biblically, sincerely, and authentically.

2. What does Paul mean by “exercise yourself toward godliness” (1 Timothy 4:7)?

We must train ourselves in holiness of heart and life through hard work and perseverance.

3. What are the seven qualities Peter says we must add to our faith?

- Virtue
- Knowledge
- Self-control
- Perseverance
- Godliness
- Brotherly kindness
- Love

4. What four things does spiritual exercise involve?

- Practice
- Adversity, including chastening
- Spiritual disciplines
- Personal discipline

5. Name some of the spiritual disciplines we must practice if we would grow in Christian character. (Any of the following)

- Solitude
- Meditation
- Fasting and self-denial
- Simplicity
- Sacrifice
- Prayer
- Worship
- Fellowship
- Confession
- Submission

LESSON 8

SOLITUDE, MEDITATION, FASTING, AND SIMPLICITY

SPIRITUAL DISCIPLINES OF DEVOTION

1. What are two benefits of the spiritual disciplines as taught in this lesson?
 - Spiritual disciplines fight against the world, the flesh, and the devil.
 - Spiritual disciplines are a means of grace equipping us for battle.
2. Give a Bible reference that shows the importance of solitude in the life of Jesus. (Any one)
 - Luke 5:16
 - Matthew 14:23
 - Mark 1:35
 - Luke 4:42
3. What does meditation mean?

Pondering God's Word by talking to oneself.
4. List four of the powerful results of fasting. (Any four)
 - Fasting humbles the soul.
 - Fasting subjects our natural appetites to our spiritual appetites.
 - Fasting increases our spiritual appetite.
 - Fasting makes us more spiritually discerning.
 - Fasting strengthens our faith.
5. According to Richard Foster, "Our human cravings are like **rivers** that tend to overflow their **banks**."
6. Name two forms of fasting.
 - Normal fasting – abstaining from all food, solid or liquid, but not from water
 - Partial fasting or moderation – restricting the diet, but not abstaining totally

LESSON 9

PRIVATE PRAYER

SPIRITUAL DISCIPLINES OF DEVOTION

1. What are two false concepts regarding prayer?

- There is power in the act of praying.
- More praying leads to more results.

2. What is the first priority of secret prayer, according to Jesus?

Intimate fellowship with God.

3. According to Luke's account, what was the effect of prayer in Jesus' life and ministry?

- Jesus received encouragement and grace from his Father.
- Jesus received the Holy Spirit.

4. List the five ways we reverently come into God's presence.

- Come with adoration and worship.
- Come with joy.
- Come with humility and boldness.
- Come with clean hands and a pure heart.
- Come with patient expectation.

5. What is the simple pattern for private prayer established by Jesus?

- Come into his presence with reverence.
- Pray for the success of God's kingdom on earth.
- Pray for personal needs.

6. What are four ways to harmonize our prayers with God's kingdom and will?

- Be nourished in the scriptures.
- Pattern your prayers after prayers in the Bible.
- Follow the leading of the Holy Spirit.
- Seek confirmation from the body of Christ.

LESSON 10

CONFESSION, SUBMISSION, AND SERVICE

SPIRITUAL DISCIPLINES OF ACTION

1. What passage in the New Testament instructs us to confess our trespasses to one another?

James 5:16

2. Name five ways the Bible describes sin. (Any five)

- Sin as neglect
- Sin as a choice
- Sin as a violation of conscience
- Sin of ignorance
- A single sin
- The practice of sin
- Blindness to our own prejudice and hypocrisy
- Grieving the Holy Spirit
- Worldly attitudes or desires
- Unintended sins or sins of surprise

3. What practical advice did Dr. Avery offer regarding sin?

- Never minimize sin.
- Never maximize sin.
- Never justify sin because of the circumstances.

4. When is submission to an earthly authority an act of worship?

When we submit out of reverence for Christ.

5. When does submission become destructive?

- When it is demanding and abusive.
- When it is a covering for someone else's sin.
- When it causes us to violate God's Word.

6. Give three characteristics of true service. (Any three)

True service...

- Flows from our relationship with God.
- Doesn't distinguish between the big and the small.

- Is content with hiddenness.
- Feels no need to calculate results.
- Serves anyone.
- Disciplines itself to meet needs even when it's hard.
- Is a lifestyle.
- Can withhold its service if necessary.
- Builds unity within the body of Christ.

LESSON 11

THE TONGUE AND THE THOUGHT LIFE

PERSONAL DISCIPLINE

1. What is the definition of personal discipline given in this lesson?

The ability to regulate conduct by principle and sound judgment rather than emotion, desires, pressure, or cultural customs

2. What are two reasons personal discipline is important for the Christian?

- God wants to be glorified in our bodies.
- Discipline, or lack thereof, affects our influence on others.

3. What are the two personal disciplines referred to in Lesson 11?

Discipline of the tongue and discipline of the thought life

4. Who is a perfect man according to James?

The person who is able to control his or her tongue, and therefore has absolute or perfect control of his entire self

5. Give three practical tips for controlling the tongue, with references. (Any three)

- Learn the value of words and use them sparingly (Proverbs 14:23).
- Learn the destructive potential of words and rule your spirit (James 3:5).
- Learn that reputation is built by words and use them wisely (Proverbs 17:28).
- Learn the power of words to kill and to give life (Proverbs 12:18; Proverbs 15:1, 4; Proverbs 18:21).
- Know that the tongue cannot be tamed by ourselves alone, but by the Holy Spirit (James 3:7-8).

6. Name four practical suggestions for a pure thought life. (Any four)

- Be alert.
- Commit to purity in action.
- Pursue joy in God.
- Take every thought captive to the Word of God.
- Practice confession and become accountable.

LESSON 12

APPETITE, TIME, TEMPERAMENT, AND PERSONAL CONVICTIONS

PERSONAL DISCIPLINE

1. What are the six personal disciplines we've been learning about in Lessons 11 and 12?

The discipline of...

- Tongue
- Thought life, including sexual desires
- Appetite
- Temperament
- Time
- Personal convictions

2. List three reasons mastery of appetite is vital to spiritual formation.

- Our appetites determine the direction of our lives.
- Overindulgence in any good thing diminishes our satisfaction with what is best.
- If hunger for food is too strong, it will block our spiritual vision.

3. What does Proverbs 16:32 say about the person who is slow to anger?

He is better than the mighty.

4. What did missionary statesman William Carey say was the secret to his success?

"I can plod. I can persevere in any definite pursuit."

5. Share in your own words the good counsel of George Mueller regarding personal convictions.

Student's own words here.

LESSON 13

FORMED THROUGH SUFFERING

1. Prove from scripture that suffering is part of God's will for Christians. (Any one of the following passages, with similar explanation.)

- 1 Peter 2:21 states that we have been called to suffer with Christ.
- 1 Peter 4:19 states that suffering is sometimes part of God's plan for Christians.
- Hebrews 12:10-11 tells us that God uses suffering to train us in holiness.

2. What are the two ways Christians see the world?

- We see the world as it ought to be and as it someday will be.
- We see the world as it is now.

3. What passage teaches that Jesus is our example in suffering?

1 Peter 2:21

4. According to Romans 8:28-29, God is causing all things to work together for good to those who love him. What is his ultimate purpose? "That we might be **conformed** to the **image** of his **Son**."

5. What are four of the eight benefits of suffering mentioned in this lesson? (Any four)

- Suffering can turn us from a dangerous direction.
- Suffering can remind us where our true strength lies.
- Suffering can restore our lost beauty in Christ.
- Suffering can heighten our thirst for Christ.
- Suffering can bring us into greater fellowship with Christ.
- Suffering can increase our fruitfulness for Christ.
- Suffering can provide God with opportunities to reveal the glory of Christ in and through our lives.
- Suffering can increase our eternal hope.

6. In your own words, explain at least two of the errors of prosperity theology.

Student's own words here.

LESSON 14

FORMED BY CHRISTIAN COMMUNITY

1. What is the Church?

Together all believers are the Church.

2. At least how many times does the New Testament refer to ways Christians should relate to one another?

55 times

3. Finish this sentence: “Jesus came to form a **community**, not just to save **individuals**.”

4. List three word pictures used to describe the church. (Any three)

- Bride
- Family
- Body
- Temple

5. What are three characteristics of transformational communities taught in this lesson?

- Transformational communities are receptive.
- Transformational communities are edifying.
- Transformational communities provide accountability.

6. What four questions were often asked in the Methodist class meetings under John Wesley?

- What known sins have you committed since our last meeting?
- What temptations have you met with?
- How were you delivered?
- What have you thought, said, or done, of which you are uncertain if it is sinful?

ASSURANCE TEST

HOW WELL DO YOU UNDERSTAND THE GOSPEL?

1. Which phrase says it best? (Choose one phrase and offer biblical evidence)

- Saved by grace through faith, kept by works
- Saved by works, kept by works
- **Saved by grace through faith, kept by grace through faith**

Biblical evidence could include

- Ephesians 2:8
- 1 Peter 1:5

The Bible clearly states that all men must be saved (Acts 4:12). The following questions will help us understand why we must be saved.

2. We must be saved because we are **sinners** (Romans 3:10, 23; Isaiah 53:6).

3. What are three consequences of sin for the sinner?

- Sin **separates** us from God (Isaiah 59:1-2)
- Sin places us under the **wrath** of God (Ephesians 5:5-6)
- Sin results in **death** (Romans 6:23; Ephesians 2:1)

4. How does faith in Jesus' death and resurrection undo these consequences of sin?

- God made Jesus to be **sin** for us (2 Corinthians 5:21; 1 Peter 2:24).
- As our substitute, Jesus was **separated** from God because of sin (Matthew 27:46).
- Jesus bore the **wrath** of God on our behalf (Isaiah 53:6-7).
- By faith in his resurrection, Jesus makes us spiritually and eternally **alive** (Ephesians 2:6; 1 Peter 1:3).

5. What are some of the clearest signs that we have received new life by faith in the resurrection of Jesus Christ?

- We have the witness of the **Holy Spirit** that we are children of God (Romans 8:16).
- We have a desire to know and **obey** God's Word (John 8:31; 1 Peter 2:2-3; 1 John 2:3-4).
- We have a **love** for Jesus and for others (John 8:42, John 13:35; 1 John 3:14).
- Though we still need to be pruned, we bear spiritual **fruit** (John 15:8; Galatians 5:22-23), and though some may still struggle with besetting sin (1 John 2:1; He-

brews 12:1), we overcome willful and habitual **sin** (1 John 2:29). John Wesley put it like this: “Sin remains, but it does not reign.”

6. Why did Jesus have to shed his blood? (Hebrews 9:22; 1 Peter 1:18-19)

Because by God’s decree sin cannot be **forgiven** without the shedding of sinless **blood**.

7. Why is it significant that Jesus became a man? (1 Timothy 2:5)

As both man and God, Jesus became the **Mediator** between God and man. He represented both a holy God and sinful men. He became the second Adam who did not fall through sin, and therefore qualifies as the perfect sacrifice in our place.

8. What role do works play in our salvation? (James 2:17; Titus 3:8; Ephesians 2:10)

Good works are the **result** of the new birth.

9. What must you do to be saved?

- **Admit** that you are a sinner and **repent** (Romans 6:23; Acts 3:19)
- **Believe** the gospel (Acts 16:31; Ephesians 2:8)
- **Confess** Jesus as Lord (Romans 10:9)

10. We are not only saved by faith in the finished work of Christ but kept by **faith** as well (1 Peter 1:5).

Christ-centered. Training. Everywhere.



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