



**We all have areas in our lives that we'd like to see change.**

We cannot sit back and wait to be happy and healthy and have a great life; we have to decide to make it happen.

Everything we do and say starts as a thought. Romans 12:2 tells us that we can actually be transformed into a new person by changing the way we think.

Lasting transformation does not happen overnight. Years ago, Gloria Copeland asked the Lord to teach her **how to walk in the spirit** and operate more fully in the supernatural power of God.

**"In consistency lies the power"**, God said.

If you want to grow spiritually, you need to develop consistency in the Word of God.

To help, we've customized a spiritual growth email series just for you. These are short, daily, inspiring emails designed to boost your faith and help you transform your life.

The only catch is... You have to commit. Renewing the mind is a lifestyle, not a one-time activity, so this **Spiritual Growth Email Series** is designed to help you create a daily habit of consistency in The Word of God, so that you grow from the milk of The Word to the meat (Hebrews 5:12).

Here are *five basic training steps* toward *spiritual maturity*. As with any kind of training, you start with the simple and, with practice, your spirit will begin to grow.

## 1 STEP NO. 1: Meditate in God's WORD.

Study is essential but so is meditation. The Hebrew word translated meditate means "to muse, to mutter, to utter or to talk to yourself." Begin to meditate, give time to the scriptures, spend time with God and listen for His voice concerning your situation. Observe and see yourself with the things you are believing for. Talk to yourself about it, put it in practice and see it come to pass.

Look at **Joshua 1:8**:  
*This Book of the Law must not depart from your mouth. Meditate on it day and night so that you may act carefully according to all that is written in it. For then you will make your way successful, and you will be wise (MEV).*

Joshua knew The WORD. But God was telling him to never say anything but His WORD, and to not let his mind think anything but The WORD.



### HOW TO DO IT:

- Set up a **daily regimen** to meditate on the WORD of God.
- Look over it **again and again**, talk to yourself about it, imagine yourself that way.
- Never **say or allow thoughts** of anything but the WORD.

## 2 STEP NO. 2: Become a doer of The WORD.

Kenneth and Gloria made this commitment more than 50 years ago. They said to The LORD, "Whatever we see in Your WORD, and understand what it is saying to us, we will act on it. We will never alter The WORD to fit our lifestyle. We will change our lifestyle to fit Your WORD!"

**James 1:22-24** says, *Be doers of the word and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man viewing his natural face in a mirror. He views himself, and goes his way, and immediately forgets what kind of man he was.*

The decision and commitment to be a doer of The WORD, and not just a hearer, has to be made.



### HOW TO DO IT:

- Determine that what you read and understand in the WORD, you will **put into action**.
- **Change your lifestyle** to fit the WORD, never alter the WORD.
- Be a **doer of the WORD**, not a hearer only.

## 3 STEP NO. 3: Put The WORD of God first place in your life.

When you change your lifestyle to fit The WORD, The WORD becomes your final authority.

What's the first thing you think of when you or one of your children show signs of sickness? Be honest, now. Is it, *"I wonder what this is? He has a fever. Maybe we should call the doctor."* There's nothing wrong with calling the doctor, but when The WORD is first in your thinking, you will just automatically think: *What does the Bible have to say about this?*

Don't condemn yourself if it's the other way around. Change it! The training of your born-again spirit will take care of your mind being renewed.

*All Scripture is inspired by God and is profitable for teaching, for reproof, for correction, and for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work (2 Timothy 3:16-17 MEV).*



### HOW TO DO IT:

- Renew your mind to **go to The WORD first** in the big and little things.
- Ask, **"What does the Bible say about this?"**
- Make The WORD your **final authority**.

## 4 STEP NO. 4: Obey the voice of your spirit.

The Spirit of God speaks to us through our spirits. **Proverbs 20:27 (AMPC)** says: *The spirit of man [that factor in human personality which proceeds immediately from God] is the lamp of The LORD, searching all his innermost parts.*

God is a Spirit, therefore He doesn't speak or deal with us through our minds. He is, however, *always speaking, leading, guiding and moving to change things* toward our BLESSING, never toward the curse.

As Kenneth says, *"You must listen for it. Where? In the area of the 'belly.' Your inner man's voice is in the area just above your stomach. The training comes from being quiet as you meditate on The WORD and direct your attention away from your mind. I enjoy putting my hands over that area and listening. Don't start off by trying to hear whole sentences. Ask of The LORD yes and no questions about small things: 'Shall I wear this shirt this morning or this one?' Be quiet, and listen. Then when you hear, don't violate it by saying, 'But that won't look good with these shoes.' This is training. Obey that still, small voice. You'll be surprised how quickly you will develop in hearing His voice through your spirit."*



### HOW TO DO IT:

- You must **actively listen** for God.
- Meditate The WORD, quiet your mind, **listen from the inside**.
- **Obey** that still, small voice.

## 5 STEP NO. 5: Do what God says. Now!

Do it exactly as He says, and do it NOW!

When you study the life of Abraham, you'll find this is one of the keys to his great success with God. **Genesis 12:4** says that in obedience to what God had told him to do: *"So Abram departed."* And in **Genesis 17:23**, it says, *"...that very same day, as God had said to him."*

However, there is a catch to this, and it's a big one. Take the time, no matter how long it is, to hear what He is saying—listening to your spirit, meditating on The WORD. *Don't do all the talking.* He will not interrupt you.

Pray in tongues, in the spirit, then listen. Once you *know* in your innermost being, do what He says. Do it exactly—write it down. He is always right! Then obey.

Declare your commitment to His WORD and to becoming a full-grown believer, able to enjoy the meat of The WORD and no longer a baby.



### HOW TO DO IT:

- **Take time**, no matter how much, to hear God. **Write it down**.
- **Do exactly** as He says.
- **Do it now!**

