

Spiritual Formation

Test Answer Key

Lesson 1 - Test

(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) Give some scriptural foundation for this definition.

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

(3) Finish this statement: Grace is not opposite to effort, but opposite to earning. Explain.

There is nothing we can do to transform ourselves into the image of Jesus. 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; to put away everything which distracts us from love for him

(6) Why is spiritual formation a process?

Because...

- The renewing our minds is a process.
- Learning to make better choices is a process.
- It takes time to learn through life experiences.

(7) What are four hindrances to avoid in spiritual formation?

- Legalism
- Cheap grace
- Sensationalism
- Perfectionism

Lesson 2 - Test

(1) Draw and explain the Spiritual Formation Roadmap table presented in Lesson 2, complete with Scripture references.

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

(2) Be prepared to give an oral presentation of this table to the rest of the class.

Grade how well the student is able to explain the concept of the diagram.

Assurance Test

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

Saved by grace through faith, kept by grace through faith

Biblical evidence could include: Ephesians 2:8, 1 Peter 1:5.

(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?

- Separates us from God (Isaiah 59:1-2)
- Places us under the wrath of God (Ephesians 5:5-6)
- 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; 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; Hebrews 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) What is the significance of Jesus' becoming 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? (The ABC's of salvation)

- 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).

Lesson 3 - Test

(1) Retake the assurance test.

Answers on previous page.

(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
- Made alive (regenerated)
- Sanctified
- Reconciled to God
- Adopted as a son or daughter of God
- Promised an inheritance

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

(Any of the following):

- A changed secret life
- True repentance and forsaking of sin
- Love for Jesus and others
- Obedience to Scripture
- 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 - Test

(1) What are the three keys to developing a healthier view of God presented in Lesson 4?

- Knowing God's revelation of himself
- Looking to Jesus as God's full revelation of himself
- Experiencing God for ourselves

(2) Briefly define the attributes of God named in Exodus 34:4-11.

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 - Test

(1) Name the five vital truths for knowing ourselves taught in this lesson.

- New birth leads to the 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 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.
- Are willing to yield to others.
- Fear God more than man.
- Have a submissive spirit.
- Accept God's opinion over culture and tradition.
- Do not promote themselves and are not afraid of the lowest seat.
- Graciously accept honor without pride.
- Confess their faults and do not feel the need to protect their image.
- Obey God in little things.
- Wait on the Lord before making decisions.
- Walk by faith and not by sight.
- Pursue holiness rather than happiness.

(4) Explain in your own words how Jesus is an example of decisive surrender.

Student's own words here. It should be something similar to this:

When faced with the cross, Jesus the man didn't want to go through with it. This was a new point of surrender for him. But 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 - Test

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

- Death to self-interest is only possible by grace through faith.
- The life of the Lord Jesus in us is the fruit of dying to self.
- A consistent, fruitful life of Christ-likeness, where self is dead and Christ controls, requires a lifetime of cultivation and nurture.

(2) Can Christians kill the sinful nature?

No, the sinful nature died with Jesus on the cross. We appropriate this reality by faith.

(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) What is the fruit of dying to self?

The life of Jesus operating in and through us.

(6) Name three of the characteristics of the Jesus life within.

(Any three):

We are:

- Generous
- Self-giving
- Self-sacrificing
- Filled with power
- Pure
- Gentle
- Agreeable
- Merciful
- Impartial
- Without hypocrisy
- Spiritually discerning
- Restful
- Free from anxiety
- Victorious
- Humble

(7) 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 - Test

(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. Godliness is for everyone, everywhere, from every culture, race, and walk of life, because godliness is not a thing, but a person. Godliness is the life of the Lord Jesus.

(2) What does Paul mean by "exercise yourself toward godliness"?

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

(3) What are the seven virtues Peter says we must add to our faith?

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

(4) What three things does exercise, or training, involve?

- Practice
- Adversity or chastening
- The spiritual disciplines

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

(Any of these)

- Solitude
- Meditation
- Fasting
- Simplicity
- Sacrifice
- Prayer
- Worship
- Fellowship
- Confession
- Submission

Lesson 8 - Test

(1) What are two benefits of the spiritual disciplines as taught in this lesson?

- Spiritual disciplines fight against the world, flesh, and the devil.
- Spiritual disciplines are a means of grace equipping us for battle.

(2) How do the spiritual disciplines cause me to enjoy God more?

The disciplines help to free our hearts and minds and give us greater enjoyment of God and of spiritual things.

(3) Give a Bible reference which shows how important solitude was in the life of Jesus.

(Either):

- Mark 1:35
- Luke 5:16

(4) What does meditation mean?

Pondering God's Word by talking to oneself.

(5) What are four powerful results of fasting?

(Any four):

- Fasting humbles the soul.
- Fasting subjects our natural appetites to our spiritual appetites.
- Fasting increases our spiritual hunger.
- Fasting makes us more spiritually discerning.
- Fasting strengthens our faith.

(6) According to Richard Foster, "Our human cravings are like rivers that tend to overflow their banks."

(7) 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 - Test

(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 prayer, according to Jesus?

Fellowship with the Father

(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) How can we cultivate intimacy with God in prayer? Give Scripture references.

- Come with reverence (Luke 11:2).
- Come with joy (Psalm 100).
- Come with boldness (Hebrews 4:16).
- Come with clean hands and a pure heart (Psalm 24:3-4).
- Wait quietly (Psalm 62:5).

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

- Begin with reverent worship.
- Pray for the success of God's kingdom on earth.
- Present our requests.

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

- Be nourished in the Scriptures.
- Pattern our prayers after prayers in the Bible.
- Be led by the Holy Spirit.
- Seek confirmation from the body of Christ.

Lesson 10 - Test

(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 and desires
- Unintended sins or sins of surprise

(3) What three words of advice did Dr. Avery offer regarding sin?

- Never minimize your sin.
- Never maximize your sin.
- Never justify your sin.

(4) How can submission to authority become an act of worship?

When our submission to people is done for the sake of Jesus

(5) When does submission become destructive?

- When it is abusive.
- When it is used to cover other people's sin.
- When it violates God's Word.

(6) Give three characteristics of true service.

(Any three):

True service...

- Flows from our relationship with God.
- Doesn't distinguish between big and small.
- Is contented with hiddenness.
- Feels no need to calculate the results.
- Serves anyone.
- Meets needs even when it is hard.
- Is a lifestyle.
- Can withhold service if it isn't wanted.
- Builds unity within the body of Christ.

Lesson 11 - Test

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

The ability to regulate our 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?

- Because God wants to be glorified in our bodies.
- Because discipline affects our influence.

(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 the "perfect man" according to James?

The person who is able to control his or her tongue.

(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 16:32).
- Learn the power of words to kill and to give life (Proverbs 12:18; 15:1, 4; 18:21).
- Know that the tongue cannot be tamed by man alone, but by the Holy Spirit (James 3:7-8).

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

(Any four):

- Watch yourself.
- Learn self-restraint.
- Flee youthful lust.
- Pursue real joy.
- Take every thought captive.

Lesson 12 - Test

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

The discipline of...

- Our tongue
- Our thought life
- Our appetites
- Our temperament
- Our time
- Our personal convictions

(2) What are two negative results of over-indulgence?

- Our satisfaction with what is best will be diminished.
- Our spiritual vision will be hindered.

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

They are 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 - Test

(1) Prove from Scripture that suffering is part of God's will for Christians.

- 1 Peter 2:21 states that I have been called to suffer with Christ.
- Romans 8:28-29 tells me that suffering forms me in the image of Jesus.

(2) What are the two lenses through which Christians should see the world?

We see the world as it is, and as it will be in Jesus's restored Kingdom.

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

1 Peter 2:21

(4) What passage teaches that all creation is groaning?

Romans 8:31-39

(5) 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."

(6) What are three of the seven benefits of suffering mentioned in this lesson?

(Any three):

- Suffering turns us from a dangerous direction.
- Suffering reminds us where our true strength lies.
- Suffering restores our lost beauty in Christ.
- Suffering heightens our thirst for Christ.
- Suffering brings us greater fellowship with Christ.
- Suffering increases our fruitfulness for Christ.
- Suffering provides God opportunities to reveal the glory of Christ in and through our lives.

(7) In your own words, explain at least two of the errors of prosperity theology.

Student's own words here.

Lesson 14 - Test

(1) Who is the Church?

All believers together are the Church.

(2) According to Ephesians 4:11-13, for what purpose are spiritual gifts given to the Church?

That together we might be edified and become perfect like Jesus.

(3) About how many times is the phrase "one another" used in the New Testament?

At least 55 times

(4) Finish this sentence: "Jesus came to form a community, not just to save me from my sins."

(5) Give three word pictures used to describe the church.

(Any three)

The church is a:

- Bride
- Family
- Body
- Temple

(6) What are three characteristics of transformational communities taught in this lesson?

Transformational communities:

- Are receptive.
- Are edifying.
- Provide accountability.

(7) 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're not sure is a sin or not?