



A Podcast from Sally Clarkson

*"You cannot give to your children  
what you do not have yourself."*

-Sally Clarkson

What do you think of when you hear the word "mature?"

One way to grow in maturity is to learn and seek after spiritual habits of holiness.

**1. Being able to admit sin**

What does 1 John 1:9 say about God's response to our confession of sin?

**2. Recognize God's love for me**

Continually keep scriptures of God's love in your mind and in front of your eyes.

John 17

Phil. 4:8

### **3. Lean on the Holy Spirit**

If the Holy Spirit is quenched, then the fruit of the spirit will be limited.

John 14:6

### **4. Prayer**

When I spend time in prayer, God has access to my heart.

Phil. 4:6

### **5. Faith**

Don't have to feel faith to be faithful!

Heb. 11:1

### **6. Obedience**

Give children a pattern to follow in our own behavior.

Phil 2:3

### **7. Surrender**

What do you value in your heart?

Hebrews 10:35