

# Spiritual Growth Toolbox

## *Growth tools for your spiritual journey.*

### How can we know that God even exists?

- Does God exist?
  - VIDEO: [Does God Exist?](#) *3 minutes. Intermediate content.*
  - ARTICLE: [Does God Exist?](#) Argument from Non-biblical Sources. Probe Ministries *5 pages. Intermediate content.*
  - ARTICLE: [Links to resources](#) on the Existence and Nature of God. William Craig *Numerous articles. Intermediate to advanced content.*
- How can the objections of atheists be answered?
  - VIDEO: [Why I am not an atheist](#) Ravi Zacharias at Princeton *40 minutes. Intermediate to advanced content.*
- Isn't finding true meaning in life an impossible quest?
  - AUDIO: [Dialog of meaning of life issues.](#) Search Ministries *12 separate dialogs. Introductory material.*
- How can we know who the real God truly is?
  - VIDEO: [How do you know there is a God?](#) Ravi Zacharias with James Kennedy *3 minutes. Introductory material.*
  - AUDIO: GFC sermon series *Sweating the Big Stuff* / Pastor Tom Oyler
  - BOOK: [My God.](#) Michael Green – Good short look at key questions for seekers *136 pages. Introductory material.*
  - BOOKLET: [How can I know God through His book?](#) Day of Discovery *32 short pages. Introductory material.*

### How do we know we can really trust the Bible?

- Where did the Bible come from?
  - ARTICLE: [How did we get the Bible?](#) Liberty University *3 pages. Introductory material.*
  - BOOKLET: [Beyond reasonable doubt](#) Day of Discovery *32 short pages. Introductory material.*
- Are there errors in the bible?
  - ARTICLE: [Why you can believe the Bible](#) links to more details *11 pages. Introductory material.*
  - VIDEO: [Why the Bible?](#) Ravi Zacharias at the University of Illinois *7 minutes. Intermediate material.*
- What evidence from archeology supports the bible's content?
  - ARTICLE: [Factual Evidence to Support the Historicity of the Bible](#) *5 pages. Introductory material.*

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- How accurately was the bible copied through the centuries?
  - VIDEO: [How accurately was the Bible copied?](#) Norm Geisler  
*3 minutes. Introductory material.*
  - VIDEO: [The Bible's reliability and various Interpretations.](#) Ravi Zacharias  
*7 minutes. Intermediate material.*
- Is the Bible true?
  - VIDEO: [Is the Bible True.](#) Randall Niles  
*5 minutes. Introductory material.*

### **How can we read and study the Bible in a way we can better understand it?**

- How is the Bible organized?
  - VIDEO: [How the Bible is organized.](#) Boguslaw Kubica  
*9 minutes. Intermediate material.*
- Why are there different translations and which one is best? Which translation is best?
  - ARTICLE: [5 Tips for Picking the Best Bible Translation](#)  
*5 pages. Introductory material.*
  - ARTICLE: [How to Pick The Best Study Bible For YOU!](#)  
*7 pages. Introductory material.*
- What are some basic guidelines for starting to read the bible?
  - VIDEO: [How do you read the Bible?](#) David Dorn  
*7 minutes. Introductory material.*
  - VIDEO: [4 Tips On How To Read The Bible Effectively](#) - Journey Church  
*5 minutes. Introductory material.*
- What are some basic guidelines for studying the bible?
  - ARTICLE: [Studying the Bible should not be difficult.](#)  
*4 pages. Introductory material.*
  - ARTICLE: [Bible Study Methods](#) Links to articles and resources  
*Various articles. Introductory to intermediate material.*
  - ARTICLE: [12 Methods of Bible Study](#)  
*15 pages. Introductory material.*
- What are some basic guidelines for interpreting the bible?
  - VIDEO: [Interpreting the Bible.](#) Tim Keller  
*4 minutes. Intermediate material.*

### **What does it mean to “be saved” and how can we know if we are truly saved?**

- Where did the term “saved” come from?
  - VIDEO: [What does it mean to be saved?](#)  
*4 minutes. Introductory material.*

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- Is it possible to be absolutely sure one is forgiven by God?
  - VIDEO: [Can I Really Know For Sure That I'm Saved?](#) Gene Getz  
*2 minutes. Introductory material.*
- How can we have faith or know we have enough faith?
  - VIDEO: [Why Is Faith Such A Struggle For People Today?](#) Larry Crabb  
*2 minutes. Introductory material.*
- Should a Christian never doubt issues of faith?
  - VIDEO: [Is it okay for a Christian to wrestle with doubts?](#) Larry Crabb  
*1 minute. Introductory material.*
- How good is good enough?
  - AUDIO: [How good is good enough?](#) Andy Stanley  
*36 minutes. Intermediate material.*
  - ARTICLE: [What must I do to be saved?](#) Charles Bing  
*2 pages. Introductory material.*
- What exactly is the “gospel”?
  - ARTICLE: [The Meaning of the Gospel.](#) Tim Keller  
*3 pages. Intermediate material.*
  - VIDEO: [Falling Plates](#) (Creative visual description of the gospel)  
*4 minutes. Introductory material.*
- What about those who have never heard about Jesus and salvation?
  - ARTICLE: [What about those who never hear?](#) Probe Ministries  
*2 pages. Introductory material.*
  - AUDIO: [What about those who never hear?](#) William Craig  
*22 minutes. Intermediate material.*
- Why do people become missionaries?
  - VIDEO: [One life – My Shell Collection](#) John Piper  
*2 minutes. Introductory material.*
  - VIDEO: [Make your days count.](#)  
*3 minutes. Introductory material.*
  - ARTICLE: [What is a missionary?](#)  
*2 pages. Introductory material.*
  - BOOK: [Let the Nations Be Glad!](#) Supremacy of God in Missions by John Piper  
*260 pages. Intermediate material.*

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## How is it possible for us to have spiritual conversations and share our faith with someone else?

- Can we overcome our fear for speaking about Jesus Christ?
  - VIDEO: [8 Reasons I Don't Share My Faith](#). Really funny. Really good.  
*6 minutes. Introductory material.*
- What are ways to open a conversation about spiritual things?
  - APP: [How to share your faith](#). Smartphone app for sharing the gospel.  
*2 minute video. Introductory material.*
- Is there any good advice on how best to share our personal story of faith with another?
  - ARTICLE: [How to prepare to tell your story](#). CRU  
*2 pages. Introductory material.*
  - ARTICLE: *How to prepare your testimony*. Amanda Southall, Discipleship Journal, July/Aug 2006 (Email your request to Tom Oyler)

## What do we know about eternity – about heaven and hell?

- Does hell really exist or is it just a metaphor?
  - AUDIO: [Hell, what is it?](#) Ravi Zaharias  
*10 minutes. Intermediate material.*
  - ARTICLE: [What is hell and does it exist?](#)  
*1 page. Introductory material.*
- Would a loving God really send someone to hell?
  - ARTICLE: [How can a God of love send anyone to hell?](#)  
*6 pages. Introductory material.*
  - ARTICLE: [Would a loving God send someone to hell?](#) Louis Markos  
*2 pages. Introductory material.*
- What will heaven be like?
  - ARTICLE: [What is heaven like?](#)  
*2 pages. Introductory material.*
  - VIDEO: [What is heaven like?](#) Randy Alcorn reading scripture passages.  
*4 minutes. Introductory material.*
  - VIDEO: [What can we learn about Heaven while on this earth?](#) Randy Alcorn  
*6 minutes. Intermediate material.*
  - BOOK: [The Great Divorce](#) CS Lewis  
*160 pages. Intermediate material.*

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## How can I learn to spend a meaningful time with God?

- What is a “Quiet Time?”
  - ARTICLE: [What is a quiet time?](#) Christianity Today  
*1 page. Introductory material.*
- What are some good ways to approach an alone-time with God?
  - ARTICLE: [How to have a meaningful quiet time.](#)  
*2 pages. Introductory material.*
  - RESOURCES: [Quiet Time Toolkit.](#) Charles Stanley  
*Multiple resources. Introductory to intermediate material.*

## How can we fully trust God if He allows so much suffering in this world?

- Is there evil in this world and where did it come from?
  - ARTICLE: [The Problem of Evil](#)  
*5 pages. Intermediate material.*
  - VIDEO: [Why did God create us?](#) Q&A- Are we born evil? Ravi Zacharias  
*11 minutes. Intermediate material.*
- Doesn't the presence of suffering bring doubts about the goodness of God?
  - VIDEO: [How can a Good God allow evil in the world?](#) Ravi Zacharias  
*4 minutes. Intermediate material.*
- Why would God permit the suffering and loss that we face in life?
  - ARTICLE: [Personal Affliction and Adversity.](#) Ken Boa  
*8 pages. Intermediate to advanced material.*
  - ARTICLE: [The Problem of Suffering](#)  
*6 pages. Intermediate to advanced material.*

## How can we be sure that Jesus lived or exactly who He is?

- Did Jesus think He was God?
  - ARTICLE: [Did Jesus ever claim to be God?](#) By Paul Little  
*7 pages. Introductory material.*
  - ARTICLE: [Did Jesus ever say He was God?](#)  
*3 pages. Introductory material.*
- How Can Christ Be the Only Way to God?
  - ARTICLE: [How Can Christ be the only way to God?](#) By Wm Craig  
*8 pages. Intermediate material.*
  - ARTICLE: [Why is Jesus the only way to God?](#) Josh McDowell  
*2 pages. Introductory material.*

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- In what ways is Jesus unique?
  - VIDEO: [That's my King!](#) Dr. S.M. Lockridge  
*3 minutes. Introductory material*
- Don't all religions teach basically the same thing?
  - VIDEO: [Don't all religions teach the same thing?](#) Greg Laurie  
*3 minutes. Introductory material.*

### **Isn't the idea of moral absolutes very narrow-minded, unfounded, and unnecessary?**

- What is the evidence for moral absolutes?
  - ARTICLE: [Any absolutes?](#) Absolutely! Norm Geisler  
*10 pages. Intermediate material.*
  - BOOKLET: [Right or Wrong? A case for moral absolutes](#) Day of Discovery  
*32 short pages. Intermediate material.*
- Can't we believe in multiple truths and realities?
  - ARTICLE: [Postmodern ethics.](#) David Noebel  
*5 pages. Intermediate material.*
- Shouldn't we accept other viewpoints and worldviews as equally as plausible?
  - VIDEO: [Is the Foundation of Morality Natural or Supernatural?](#) Debate between William Lane Craig vs. Sam Harris  
*20 page transcript (or video). Advanced material.*
- Can We Be Good without God?
  - ARTICLE: [Can We Be Good without God?](#) William Craig  
*6 pages. Intermediate material.*

### **What exactly is prayer and does it really make any difference?**

- What is prayer?
  - ARTICLE: [What is Prayer?](#)  
*6 pages. Introductory material.*
  - VIDEO: [What is prayer for?](#) Charles Stanley. Video and series of articles.  
*Variety. Introductory material.*
- Why should we pray?
  - ARTICLE: [What's the point of praying?](#)  
*3 pages. Introductory material.*
- What happens when we pray?
  - ARTICLE: [Can Prayer Really Change Things?](#) John Cooper  
*2 pages. Introductory material.*

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- VIDEO: [Prayer & The Silence of God](#) Phillip Yancey/Haddon Robinson  
Discussion  
*26 minutes. Intermediate material.*
- BOOKLET: [When God isn't answering your prayer](#) Day of Discovery  
*32 short pages. Introductory material.*
- How should we pray?
  - ARTICLE: [Developing a Life of Prayer](#). Focus on the Family series of articles  
*Short articles. Introductory material.*
  - ARTICLE: [Discover the Turning Point in Prayer by Observing the Way Jesus Prayed](#)  
*2 pages. Introductory material.*
  - BOOKLET: [Jesus' blueprint for prayer](#) Day of Discovery  
*32 short pages. Introductory material.*
- Why do people pray in Jesus' name?
  - ARTICLE: [Why do people say "in Jesus name"](#) when they finish praying?  
*1 page. Introductory material.*
  - ARTICLE: [What does it mean to pray in the name of Jesus?](#)  
*1 page. Introductory material.*

## **Haven't we proven that the devil and demons are imaginary?**

- What evidence is there that the devil exists?
  - VIDEO: [Does Satan exist?](#) with Deepak Chopra - Carlton Pearson - Mark Driscoll  
*6 minutes. Intermediary material.*
  - ARTICLE: [Who is Satan?](#) Biblical description  
*1 page. Introductory material.*
- Who is the devil and what are demons?
  - ARTICLE: [How did Lucifer fall and become Satan?](#)  
*1 page. Introductory material.*
  - ARTICLE: [What are demons according to the bible?](#)  
*1 page. Introductory material.*
- Should I be concerned about demons influence in my life?
  - ARTICLE: [How can Satan influence believers?](#) Ben Alexander  
*6 pages. Introductory material.*
  - ARTICLE: [Could demons possess me?](#) Christianity Today/Marshall Shelley  
*1 page. Introductory material.*

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## Where did life and the human race come from?

- Hasn't science explained the origin of life apart from the need for a "god"?
  - VIDEO: [Isaac Newton and Atheism](#). History Channel  
*3 minutes. Intermediary material.*
  - ARTICLE: [Christian views of science and earth history](#) – a balanced approach  
*6 pages. Intermediate to advanced material.*
- What difference does it make whether we evolved or were created?
  - ARTICLE: [Created or Evolved?](#) Articles and resources/videos  
*12 pages. Intermediate to advanced material.*
- What evidence is there that the origin of life is supernatural?
  - ARTICLE: [Ten Urgent Questions and Answers about Origins](#)  
*6 pages. Intermediate to advanced material.*

## How can we face difficulties in our present or past and find freedom from guilt and shame?

- What can be done to leave our shame behind us and move on?
  - ARTICLE: [How Christ's sacrifice makes us free of guilt and shame](#).  
*2 pages. Introductory material.*
  - ARTICLE: [Overcoming the culture of shame](#). Asian believer's experience.  
*2 pages. Introductory material.*
  - VIDEO: [How to Get over Shame](#)- Josh McDowell's testimony  
*9 minutes. Introductory material.*
  - ARTICLE: [What should a Christian do to let go of past sins and guilt?](#)  
*1 page. Introductory material.*
- Can God really forgive us for everything
  - ARTICLE: [Real Christians Don't Sin?](#) Charles Bing  
*2 pages. Intermediate material.*
  - ARTICLE: [If God forgives me why do I still feel so guilty?](#)  
*3 pages. Introductory material.*
  - BOOKLET: [The Forgiveness of God](#) Day of Discovery  
*32 short pages. Introductory material.*
- Is it possible for us to do something so bad that God can't or won't forgive us?
  - ARTICLE: [How does sin become unpardonable?](#) Paul Taylor  
*13 pages. Introductory material.*
  - ARTICLE: [Forgiveness and 1John 1:9](#)  
*10 pages. Introductory material.*
  - ARTICLE: [What is the unpardonable sin?](#) Clay Jones  
*3 pages. Introductory material.*

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- BOOK: [Enemies of the Heart](#): Breaking Free from Emotions That Control You  
By: Andy Stanley  
*224 pages. Intermediate material.*
- How can we find the strength to forgive someone who has deeply hurt us?
  - ARTICLE: [The power of forgiving others](#)  
*6 pages. Introductory material.*
  - BOOKLET: [When trust is lost](#) – healing from sexual abuse Day of Discovery  
*32 short pages. Introductory material.*
- Is it possible to be set free from destructive habits and memories?
  - VIDEO: [Finding Freedom From Pornography – Part 1](#) Trapped: Day of Discovery  
*24 minutes. Intermediate material.*
  - VIDEO: [Finding Freedom From Pornography – Part 2](#) Trapped: Day of Discovery  
*23 minutes. Intermediate material.*
  - BOOKLET: [When a man's eye wanders](#) Day of Discovery  
*32 short pages. Introductory material.*
  - VIDEO: [Finding Hope for Post-Traumatic Stress](#) Day of Discovery  
*92 minutes. Intermediate material.*
- How can one grow through the loss of a job and other life changes?
  - BOOKLET: [Now What?](#) Day of Discovery  
*32 short pages. Introductory material.*
  - BOOKLET: [Change](#) – Following God through life's crossroads Day of Discovery  
*32 short pages. Introductory material.*

### **Where can we find help with broken relationships or loss of a loved one?**

- How can we get through the nightmare of our present problems?
  - VIDEO: [Need for relationship.](#)  
*7 minutes. Introductory material.*
  - VIDEO: [Dramatic testimonial](#) of an ugly girl who lives triumphantly  
*10 minutes. Introductory material.*
  - BOOKLET: [When you feel like running away](#) Day of Discovery  
*32 short pages. Introductory material.*
  - BOOKLET: [When the going gets tough](#) Joe Stowell Day of Discovery  
*32 short pages. Introductory material.*
- What possible good can come from the problems we face?
  - VIDEO: [Why I Call It Good Friday](#) Ignitermedia  
*2 minutes. Introductory material.*
  - VIDEO: [The Time to Live Is Now](#) Day of Discovery (Understanding God in Trials)  
*90 minutes. Intermediate material.*

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- BOOK: [You'll Get Through This](#) by Max Lucado God using our mess/Joseph's life  
*240 pages. Introductory material.*
- How can we face grief and sorrow in a healthy way?
  - VIDEO: [The journey through the loss of a child](#) Day of Discovery  
*25 minutes. Introductory material.*
  - BOOK: [Grief- Comfort for those who Grieve and Those Who Want to Help](#) by Haddon Robinson  
*48 pages. Intermediate material.*
  - BOOK: [A Grace Disguised](#): How the Soul Grows through Loss by Jerry Sittszer  
*224 pages. Intermediate material.*
  - RESOURCE: [Help for various life situations](#)  
*Variety of material.*
- How can we help without hurting our loved one?
  - BOOKLET: [When we love too much](#) Day of Discovery  
*32 short pages. Introductory material.*
  - BOOKLET: [When words hurt](#) Day of Discovery  
*32 short pages. Introductory material.*
  - BOOKLET: [When violence comes home](#) Day of Discovery  
*32 short pages. Introductory material.*

### **Why do people get baptized and what does it mean?**

- What exactly is baptism?
  - ARTICLE: [Why should I get wet and what does the bible say about it?](#)  
*4 pages. Introductory material.*
  - ARTICLE: [Does baptism replace circumcision?](#)  
*2 pages. Introductory material.*
  - BOOK: [Baptism- Three Views](#) by D. Wright & S. Ferguson & B. Ware  
*200 pages. Intermediate material.*
- Is baptism necessary for salvation?
  - ARTICLE: [Is baptism required for salvation?](#)  
*1 page. Introductory material.*
- What is baptism in the Holy Spirit?
  - ARTICLE: [Baptism in the Holy Spirit.](#)  
*1 page. Introductory material.*

### **Are there any Bible apps to help me in my spiritual maturity?**

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- Bibles and Bible resources
  - [YouVersion app](#) – a simple, ad-free Bible that brings God's Word into your daily life.
  - [BibleGateway](#) – free app with access to various versions of the Bible plus resources
  - [FaithLife](#) – a free advanced digital media-rich study bible
  - [LOGOS](#) – comprehensive (and \$\$\$) bible study tools and resources
- Other Resources
  - [YouVersion app for Kids](#) – free app telling the stories about Jesus
  - [BibleHIStory](#) – free game for learning how Biblical and ancient history flow together

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