

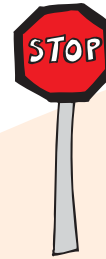
An easy way to do this is to STOP! The four letters in 'STOP' remind us how to pray:

s—sorry: say sorry to God for the times you have let him down.

t—thank you: thank God for the wonderful things he has done for you.

o—others: ask God to help your friends and family.

p—please: ask God for the things you need help with.



Whenever you see a Stop sign, it can remind you to pray. Prayer can feel a bit funny to start with. But the Holy Spirit will help you—so stick with it!

XOTXXHXERXXXCHRISXXTIXAXNSX O _____ C _____

Meeting with other Christians is really important. They will help you to learn more about God and living his way. You can help them, too! Look for ways to serve God together that will help other people. Serving God together is great fun—and it will help you to grow!

You can meet other Christians at church on a Sunday, or maybe there's a Christian group at your school. If you can't find a Christian group at church or school that you can meet with, talk to God about it. God knows that you need other Christians to help you to grow—so ask him to help you meet some. He will!

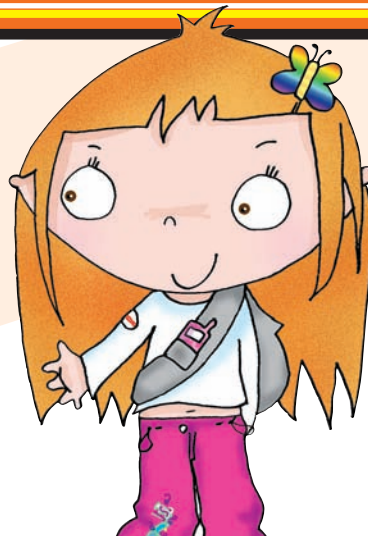
XXTXOUXXGHXXXTXIMXXESX T _____ T _____

Ouch! It might sound strange to you, but one of the ways God helps his people grow is by letting them go through tough times. When life is hard we often pray more. And we have to trust God to help us. So... when things are hard, don't give up. Ask God to help you to cope with it—and ask him to help you to grow, too. Later on, when you look back at what happened, you'll see that God was with you, and helping you to grow more like Jesus. How cool is that!

Time to talk

There's been a lot to think about in this leaflet, so it's a good idea to talk to God about it. Thank him for giving you the Holy Spirit to help you to grow more like Jesus. Ask him to help you get to know him better as you read the Bible, pray and meet with other Christians. Ask him for help in the tough times, too. You can either use your own words—remember that the Holy Spirit will help you!—or use the prayer below.

Dear God,
Please help me to get to know you better, and to grow more like Jesus. Thank you for giving me your Holy Spirit to help me do this. I know that I'll sometimes find it difficult to live the way you want me to. Please help me to keep trusting you, and living your way, even in the tough times. Amen



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All Bible references taken from the Good News Bible

? how do I grow as a Christian



Do you know any little babies? At the moment they mostly just sleep and cry a lot and make interesting smells! But as they get older, you'll see how they grow and change hugely.

It's like that for Christians too. We don't stay as babies. God wants us to grow...

Time to grow

Paul's letter to the Colossians was written to help a group of young Christians know how God wanted them to live. Let's see what Paul told them about growing as a Christian...

Colossians chapter 1 verses 9-10

⁹We have always prayed for you, ever since we heard about you. We ask God to fill you with the knowledge of his will, with all the wisdom and understanding that the Spirit gives. ¹⁰Then you will be able to live as the Lord wants and will always do what pleases him. Your lives will produce all kinds of good deeds, and you will grow in your knowledge of God.



What does Paul pray for? Cross out the wrong words.

(Find the answers in verse 9—that's the sentence that starts with a tiny 9.)

For God to **freeze/frighten/fill** them with the knowledge of his **will/skill/chill**, with all the **worry/wisdom/windows** and **understanding/underlining/undergrowth** that the **Spanish/spider/Spirit** gives.

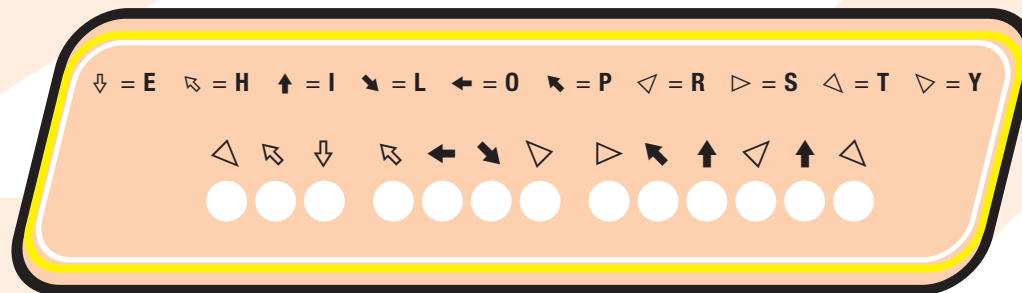
Filling up

If we're going to grow as Christians, we need to get filled up—with knowledge, wisdom and understanding. This doesn't mean learning all the capital cities of Europe, or understanding really hard science. It means getting to know God better, and finding out how he wants us to live.

But how can we be filled with wisdom and understanding?



When you become a Christian, God gives you a special gift—someone to help you get to know God better and start living his way. **Crack the code to find out who this special helper is.**



The Holy Spirit is a real person. God gives us his Spirit to help us to live the way he wants us to. Paul says that one of the ways the Spirit helps us is by filling us with the wisdom and understanding we need.

So...

- when you read the Bible, the Spirit helps you to understand what you're reading.
- when the Bible shows you how God wants you to live, the Spirit helps you to live that way.
- when you talk to God in prayer, and you're not sure what to say, the Spirit helps you to pray too!

The Holy Spirit is God's gift to every Christian. He will help you to grow, becoming more and more like Jesus.

How do babies grow?

Let's think about babies again. To grow up fit and well they need good food and drink. It's the same for us as Christians. We need the right things to help us grow. Here are four things that will help... (cross out the X's to find the answers)

XXTXHEXXXBXIBXXLXEXX T_____ B_____

The Bible is God's book. He speaks to us through it; shows us how to live; and helps us get to know him better. Try to read a bit of the Bible each day (maybe first thing in the morning, or before you go to bed). Pray first, asking God to help you to understand what you read. Then read the Bible verses and think carefully about what they mean. Do they show you something new about God? Or about how he wants you to live? Pray again at the end, thanking God for what you've learned and asking his help to live his way.



There are booklets to help you to read the Bible each day. Ask an older Christian to help you find some that will suit you. You might like to try **XTB** or **Discover**—which can be ordered from www.thegoodbook.co.uk

XXPXXRAXYXXEXRXX P_____

If you make a new friend, the best way to get to know them is by listening and talking to them. It's the same for us as Christians. We get to know God better by listening to what he says in the Bible and talking to him in prayer. You don't have to use special words, or be in a special place. You can talk to God **anywhere, anytime** and about **anything**. But don't spend all your time asking for things! Tell God how great he is, and thank him for the good things he has done for you.

Maybe you can set a time every day when you will talk to God.