

ZOOM BIBLE STUDY

# Becoming Who God Created You to Be

led by Mary Lowman



**April 28, 2026**  
**Becoming Mature in Christ**  
**led by Mary Lowman**

Our challenge as women who are following Christ is to grow up and be big girls for Jesus. To forsake childish, immature ways and to strive for maturity in all areas of our life.

**Ephesians 4:13:** *Until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.*

**Hebrews 6:1:** *Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God.*

If we never “leave the elementary teachings about Christ” and move on to maturity, we are abnormal Christians. Our growth is stunted; we are underdeveloped Christians.

**Philippians 3:12 - 14:** *Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

## Putting Childish Ways Behind Us

**1 Corinthians 13:11** (ESV): *When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways.*

What are some of the childish ways that you wanted your children to put behind them?

What are some of the spiritual childish ways that we need to put behind us?

- **Childish Talking:** Speaking without thought, boasting, or engaging in gossip and divisive chatter, which reflects a lack of wisdom and self-control.
- **Childish Thinking:** Having a narrow perspective, being preoccupied with self, and focusing on temporary or trivial matters rather than spiritual, eternal priorities.
- **Childish Reasoning:** A simplistic, short-sighted, or emotionally driven approach to life that lacks spiritual discernment, often leading to immature choices.

What is the difference in being child-like and childish?

**Matthew 18:3:** *And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”*

Christians are called to keep the faith of a child but abandon the behaviors of a child.

## Childish Talking

How important are the words you speak each day?

**Proverbs 16:24:** *Gracious words are a honeycomb, sweet to the soul and healing to the bones.*

**James 3:2:** *We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.*

**Matthew 12:36-37** (ESV): *“I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned.”*

How often do you regret something you said?

What if you could avoid saying things you regret? What if you were able to not say those words you wish you hadn't said, instead of having to apologize, eat your words, etc.? Would that be a sign of spiritual maturity?

### How to put childish talking behind us

- Pray daily about your words:
  - Ephesians 4:29:** *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*
  - Psalms 141:3:** *Set a guard over my mouth, Lord; keep watch over the door of my lips.*
- Think before you speak. Here's an acrostic for the word THINK to help you determine whether you should say what you are starting to say or not.
  - **T is true.** Do you know for certain that what you are just about to say is true? If not, don't say it.
  - **H is helpful.** Are the words you're just getting ready to say going to help anyone? If not, don't say them.
  - **I is inspiring.** Will your words inspire the person who hears them in some way, even if it's very small? If not, maybe you don't need to say them.
  - **N is necessary.** Speak only what is necessary. In other words, don't talk too much.
    - Proverbs 10:19:** *When words are many, sin is not absent, but he who holds his tongue is wise.*
  - **K is kind.** We just need to think about how we can say what we have to say in a kind way.

### How to put childish thinking behind us

We know that our words begin with our thoughts, and our behavior does as well. So, learning to bring every thought into captivity and make it obey Christ is a major step toward spiritual maturity.

**2 Corinthians 10:5:** *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

### Repeat God's Word Daily

I recently read an article entitled "Repeating God's Word Rewires Your Brain," which encourages us to develop the habit of repeating God's Word regularly, daily. You don't have to memorize Scripture; you just need to repeat it.

Repeating God's Word is not a religious slogan; it is architecture of the soul. Repetition in God's design is not mindless; it is restorative.

**Romans 10:17** (ESV): *So faith comes from hearing, and hearing through the word of Christ.*

Faith comes by hearing, not by thinking, not even by reading, but by hearing, and not just hearing anyone's voice, but hearing God's Word. If faith grows through what you hear, then you must make sure that your own voice echoes true.

- **Read the word aloud** not just for information, but for formation.
- **Choose a verse or passage each week that you will repeat to yourself many times a day.** Handwrite it on paper or card or in a small notebook.

Your mouth then becomes a weapon used against the enemy. You speak words of God and those words drive out the enemy.

When you speak words rooted in God's words, they don't just encourage you, they transform you. Every time you speak his word out loud, you reinforce a new rut in your mind.

Repetition is not religious striving. It is faithfulness. It is choosing to speak light into the dark even you're your emotions have not caught up yet. Spiritual growth is not an event; it is daily doing the things that put childish thinking behind you.

### **How to put childish reasoning behind us**

Reasoning is a function of your mind. It is what you use to make decisions.

What are some examples of childish reasoning?

To put childish reasoning behind you:

- Pray for wisdom.
- Stay rooted in God's Word.
- Seek godly counsel when needed.
- Ask "Will this glorify God?"
- Adopt a servant attitude.

Lean into what you know to be true, not to what you feel. Learn to not be a slave to your feelings!

### **Closing**

Key steps on the journey to becoming a mature Christian are:

1. Think before you speak. Pray for the Spirit to control your tongue.
2. Practice biblical repetition.
3. Pray for wisdom in every decision; seek to glorify God.