



# SERMON NOTES

Sunday, May 10, 2026 | Pastor Jeff VanGoethem

**Keep Growing:  
The Four Stages of Spiritual Growth**  
1 John 2:12-14



Open Digital  
Sermon Notes

## **Table Talk**

- 1) What are some of the main obstacles to spiritual growth in the stage of life you are in? How can they be overcome?
- 2) What does it mean to learn and walk in the ways of God?
- 3) Can you describe another Christian you look up to as a “teacher” who teaches by his or her life? What are some of his or her characteristics and life disciplines?