

Spiritual Growth & Christlike Character

The Complete Teacher's Checklist: Interactive Checklist Edition with Checkboxes.

Welcome Teacher: Use this comprehensive interactive checklist framework to guide students, test comprehension, and track assessment progress easily.

Overview of the Seven Spiritual Elements

The Oil (Strength & Restoration): Represents God's sacred anointing, restorative healing, and the supernatural endurance that lifts the weary heart.

The Salt (Integrity & Preservation): Symbolizes moral purity, holding back spiritual decay, and bringing a quiet, transformative influence to the world.

The Light (Illumination & Truth): Embodies divine truth, exposing darkness, and guiding our daily steps while reflecting Christ's love.

The Water (Renewal & Cleansing): Acts as the spiritual solvent and internal well of the Holy Spirit, washing away past mistakes and providing continuous refreshment.

The Earth (Humility & Foundation): Highlights the quiet virtues of humility, steadfastness, and being deeply rooted in God's Word to bear lasting fruit.

The Breath (Vitality & Mind Renewal): Symbolizes the unseen, life-giving movement of the Holy Spirit that clears the mind and restores spiritual completeness.

The Fire (Purification & Passion): Represents holy zeal and refining power, transforming passive faith into a blazing, courageous devotion to God.

Part 1: The Oil (Strength and Restoration)

CORE TRUTH: GOD GIVES YOU STRENGTH, HIS HEALING GRACE, TO BLESS YOUR HEART AND RUN YOUR RACE.

- ☐ 1. What specific purpose does the element of oil represent when a believer feels weary or burdened?

Answer: It represents God's sacred anointing, restorative healing, and the supernatural endurance needed for life's journey.

- ☐ 2. How does oil act as a supernatural resource for life's journey?

Answer: By pouring out as an unbroken stream that soothes deep wounds and invigorates the spirit with holy purpose.

- ☐ 3. In what ways does God's grace pour out like an unbroken stream?

Answer: Continuously supplying relief and restorative healing through every trial and heavy pace.

- ☐ 4. What role does anointing play in lifting a believer's mind?

Answer: It provides anointed power that elevates perspective and spiritual focus.

- ☐ 5. How does oil help in leaving weakness behind during trials?

Answer: By imparting spiritual vigor and endurance that helps believers transcend human frailty.

- ☐ 6. What is the direct connection between oil and spiritual endurance?

Answer: Oil symbolizes the divine refueling necessary to sustain stamina through extended spiritual and physical trials.

- ☐ 7. How does the rhyming reflection describe finding relief within grace?

Answer: Through every trial and heavy pace, finding relief and anointed power within His grace.

- ☐ 8. Why is oil considered a symbol of sacred restoration rather than just temporary comfort?

Answer: Because it deeply addresses soul wounds and restores holy purpose rather than merely masking discomfort.

- ☐ 9. How does this element prepare a believer to run their spiritual race?

Answer: By blessing the heart and equipping them with divine strength to press forward without fainting.

- ☐ 10. What final emotional or spiritual state does an anointed heart achieve?

Answer: A state of renewed vitality, peace, and unwavering purpose aligned with God's will.

Part 2: The Salt of Integrity (Purity and Preservation)

CORE TRUTH: STAYING TRUE AND KEEPING CLEAN, TO BLESS THE WORLD IN WAYS UNSEEN.

☐ 1. What four primary uses did salt have in the ancient world?

Answer: Preservation, seasoning, purification, and covenantal sealing.

☐ 2. What title does Jesus give His followers in Matthew 5:13, and what does it imply?

Answer: "Salt of the earth," implying a call to be a distinct, transformative presence within society rather than withdrawing from it.

☐ 3. How does salt functionally influence its environment (quiet vs. dominant)?

Answer: Through quiet, pervasive influence—preserving what is good, adding spiritual flavor, and halting moral decay rather than dominating.

☐ 4. Why is maintaining chemical distinctiveness crucial for a believer's influence?

Answer: Salt must retain its unique property to be effective; similarly, believers must maintain distinct character rather than blending into worldly culture.

☐ 5. How does the historical practice of rubbing salt into meat apply to Christians in society?

Answer: Christians serve as a moral preservative, resisting corruption and preventing spiritual spoilage through integrity and righteousness.

☐ 6. What does the "covenant of salt" symbolize in Scripture (Leviticus 2:13)?

Answer: An enduring, indestructible, and sacred bond between God and His people, representing unyielding devotion.

☐ 7. According to Colossians 4:6, how should a believer's conversation be maintained?

Answer: Always full of grace, seasoned with salt, so that they know how to answer everyone with wisdom.

☐ 8. Why does consistent, godly behavior carry more weight than arguments or lectures?

Answer: Because quiet action and genuine character speak a universal language that wins over hearts more effectively than debates.

☐ 9. How did ancient salt lose its efficacy, and what does this symbolize for a believer?

Answer: It was mixed with impurities near the Dead Sea; it symbolizes spiritual compromise and conformity that neutralizes influence.

☐ 10. What is the ultimate assignment of a believer regarding worldly culture?

Answer: To penetrate it with distinct Christlike character, preserving what is holy and acting as a catalyst for divine restoration.

Part 3: The Light of Truth (Illumination and Character)

CORE TRUTH: DIVINE TRUTH SHINING PURE AND BRIGHT, TO SHOW CHRIST'S LOVE AND GUIDE OUR SIGHT.

- ☐ 1. From Genesis to Revelation, what does light fundamentally symbolize regarding God's nature?

Answer: God's presence, truth, and holy nature.

- ☐ 2. What title does Jesus give His followers in Matthew 5:14 regarding the world's condition?

Answer: "Light of the world," placed in a world darkened by despair, ignorance, and spiritual decay.

- ☐ 3. Why can light never be considered passive according to its characteristics?

Answer: Because it actively penetrates darkness, exposes what is hidden, provides directional guidance, and restores vision.

- ☐ 4. In biblical symbolism, what do darkness and light represent respectively?

Answer: Darkness represents spiritual blindness, sin, and separation from God; light represents divine truth, wisdom, and holy living.

- ☐ 5. How does the illustration of the moon describe a believer's righteousness?

Answer: Just as the moon has no light of its own and reflects the sun, believers do not generate their own righteousness but reflect Jesus Christ.

- ☐ 6. In the context of Psalm 119:105, how does Scripture function as light?

Answer: It acts as a lamp for our feet and a light on our path, illuminating immediate steps and revealing overarching direction.

- ☐ 7. What point does Jesus make by stating a lamp should be put on a stand instead of under a bowl?

Answer: True faith is meant to be a public, visible testimony of good deeds rather than a hidden, private secret.

- ☐ 8. What is the primary purpose of letting your light shine before others?

Answer: To lead others to recognize and glorify the Heavenly Father, rather than drawing attention to oneself.

- ☐ 9. What negative impact does hiding one's faith have on a dark world?

Answer: It renders the light ineffective and deprives a dark world of the guidance and warmth it desperately needs.

- ☐ 10. What spiritual danger arises when someone claims fellowship with God while walking in darkness?

Answer: It leads to spiritual hypocrisy because true light requires complete alignment between profession and daily living.

Part 4: The Mystery of the Water (Renewal & Continuous Connection)

CORE TRUTH: CLEANSED FROM THE PAST SO LIFE CAN START, WITH FRESH LIVING WATER FOR YOUR HEART.

☐ 1. In the opening illustration, what happens to a runner who has fuel but goes without water?

Answer: Their body seizes up, their mind becomes clouded, and physical residue cakes onto their skin, mirroring spiritual exhaustion.

☐ 2. What specific role does Water play alongside the Oil in a believer's walk?

Answer: While Oil provides fuel and glow, Water provides the flow, ensuring movement with clarity and purity.

☐ 3. How did the waters of the Red Sea function in Exodus 14 for the Israelites and oppressors?

Answer: It served as a wall of protection for the resilient and a grave for the oppressor, separating them from slavery.

☐ 4. What does God's "washing of the water" accomplish for the soul (Ezekiel 36:25)?

Answer: It scrubs away the spiritual residue of sin, grief, and impurities, making the believer clean and holy.

☐ 5. What physical and spiritual reality does baptism represent as a technology of reset?

Answer: The old self is buried in the water, and the new person rises up refreshed and renewed.

☐ 6. What is the core difference between a "cistern" and a "spring" regarding Living Water?

Answer: A cistern merely holds water, whereas a spring creates water, representing an internal source of the Holy Spirit.

☐ 7. How does God demonstrate provision during dry wilderness places (Exodus 17:6)?

Answer: He pulls hydration out of impossible circumstances, bringing water from a rock or turning parched ground into springs.

☐ 8. When a believer is bruised like an olive for oil, what does Water prevent?

Answer: It keeps the spirit from becoming brittle and breaking under pressure.

☐ 9. Where does the biblical river narrative begin and end?

Answer: It begins at a river in Eden and ends at the River of the Water of Life flowing from God's throne in the New Jerusalem.

☐ 10. In the final summary, what specific function does Water serve relative to the Word and Oil?

Answer: It is the solvent allowing the Spirit to move without friction, ensuring the believer finishes clean, clear, and satisfied.

Part 5: The Element of Earth (Humility and Firm Foundation)

CORE TRUTH: STAYING HUMBLE ON GOD'S FIRM GROUND, SO GOOD FRUIT IN YOUR LIFE IS FOUND.

- ☐ 1. What do physical ground, fertile soil, and solid rock metaphorically represent?

Answer: The human heart, spiritual stability, and the necessity of remaining firmly established in God.

- ☐ 2. What quieter, deep-rooted virtues does earth emphasize compared to other elements?

Answer: Humility, patience, steadfastness, and obedience.

- ☐ 3. How must our spiritual lives be maintained to produce a healthy harvest like physical soil?

Answer: Through continuous grounding in God's Word, keeping free from thorns, and being cultivated and nourished daily.

- ☐ 4. According to the text, how is true spiritual height achieved?

Answer: Only through depth—depth of character, depth of faith, and an enduring commitment to walk humbly before God.

- ☐ 5. What is the core truth associated with the element of earth?

Answer: Staying humble on God's firm ground ensures that good, lasting fruit is produced in your life.

- ☐ 6. Based on Colossians 2:6-7, how are believers instructed to live their lives in Christ?

Answer: Rooted and built up in Him, strengthened in the faith as taught, and overflowing with thankfulness.

- ☐ 7. In Matthew 7:24, what is a person who puts Jesus' words into practice compared to?

Answer: A wise man who built his house on the rock.

- ☐ 8. What three practices are required for cultivating spiritual ground?

Answer: Daily prayer, active obedience to God's Word, and a heart attitude of humility.

- ☐ 9. What danger does a faith face if it lacks deep roots when trials arise?

Answer: Even the most passionate faith can wither and fail when hardships or trials come.

- ☐ 10. What kind of faith does anchoring our lives in Jesus' teachings ultimately establish?

Answer: An enduring, storm-resistant faith that yields a rich harvest of spiritual fruit and Christlike character.

Part 6: The Breath (Mind Renewal and Unseen Spirit)

CORE TRUTH: GOD BREATHING LIFE INTO YOUR SOUL, TO CLEAR YOUR MIND AND MAKE YOU WHOLE.

☐ 1. What does the healing of the blind man in John 9 parallel from Genesis 2:7?

Answer: Just as man was formed from dust, Jesus used dust and saliva to reform and complete an incomplete vessel.

☐ 2. What does the use of saliva symbolize in Jesus' healing of the blind man?

Answer: It acts as a fluid beginning life-sustenance, injecting Jesus' living frequency into dead cells.

☐ 3. Why did Jesus send the blind man to the Pool of Siloam after applying clay?

Answer: To show that while the Holy Touch provides healing, human obedience seals it.

☐ 4. What physical actions did Jesus take when healing the deaf man in Mark 7?

Answer: He put His fingers in the man's ears and touched his tongue with saliva.

☐ 5. What did Jesus' heavy sigh (stenazō) represent during the healing?

Answer: A deep, empathetic spiritual transfer of power from the Creator to the creature.

☐ 6. Why did Jesus perform a two-stage restoration in Mark 8 ("men like trees walking")?

Answer: To teach that spiritual sanctification and alignment of vision can be a progressive, step-by-step process.

☐ 7. Based on Job 33:4, what is the consistent role of the breath throughout Scripture?

Answer: It gives life, animates the soul, and imparts the Holy Spirit.

☐ 8. What does Jesus making clay with spit reveal about how God deals with human brokenness?

Answer: He is willing to get His hands dirty in our earthly flaws rather than healing from a distance.

☐ 9. What gap between physical and spiritual worlds does the use of spit and mud bridge?

Answer: The gap between The Vessel (our physical body) and The Elements (the physical world).

☐ 10. What do the lowly things of the earth manifest when used by Christ?

Answer: The highest glories of the Kingdom through the breath and virtue (dunamis) of God.

Part 7: The Refining Fire (Holy Purification and Passion)

CORE TRUTH: CLEANSED BY HIS POWER TO CHANGE FROM WITHIN, WITH A SPARK IN YOUR HEART TO LIVE FULLY FOR HIM.

- ☐ 1. Throughout Scripture, what four things is fire consistently associated with regarding God?

Answer: His holy presence, unyielding purity, supernatural transformation, and divine zeal.

- ☐ 2. What three biblical examples show God's active, holy engagement appearing as fire?

Answer: The burning bush, the pillar of fire in the wilderness, and the tongues of fire at Pentecost.

- ☐ 3. Just as physical fire purifies precious metals, what does God's holy fire cleanse in a believer?

Answer: Our intentions, motives, and character, burning away spiritual compromise.

- ☐ 4. What kind of shift does spiritual fire bring to a believer's passive faith?

Answer: It transforms cold, passive faith into a vibrant, ignited zeal for devotion, worship, and courageous service.

- ☐ 5. What is the core truth associated with the element of fire?

Answer: Cleansed by His power to change from within, a holy spark in your heart empowers you to live fully for Him.

- ☐ 6. What do Acts 2:3-4 and Hebrews 12:29 respectively reveal about fire?

Answer: Acts 2 describes tongues of fire filling believers with the Holy Spirit; Hebrews 12:29 states that "our God is a consuming fire."

- ☐ 7. What three actions are required to yield to the fire of God?

Answer: Surrendering ungodly habits, opening the heart to the Holy Spirit's refining, and fanning spiritual gifts into flame.

- ☐ 8. What spiritual condition does the element of fire challenge believers never to settle for?

Answer: A lukewarm or stagnant faith (spiritual apathy).

- ☐ 9. When we allow God's consuming fire to refine our character, what is melted away?

Answer: Spiritual apathy and dross are melted away, leaving resilient, pure, and courageous devotion.

- ☐ 10. What ultimate walk of faith does the element of fire produce?

Answer: A refined, courageous, and passionate walk that honors God and empowers believers to stand boldly as shining lights.