

“THE GROWTH CHOICE”

Life’s Healing Choices – Part 7

May 16th, 2010

The Christian life isn’t a 50 yard dash, it’s a marathon

2 John 1:8 (NIV) “Watch out that you do not lose what you have worked for, but that you may be rewarded fully.”

The seventh healing choice: The Growth Choice – Maintaining Momentum: I reserve a regular time with God for Bible reading, self-examination, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Spiritual growth is choice, intentional, & it is a continual process
2 Peter 3:18 (GN) “Continue to grow in the grace and knowledge of our Lord and Savior, Jesus Christ.”

How To Continue In The Faith

1. I need to fix a regular time with God

1 John 2:28 (NLT) “And now, dear children, continue to live in fellowship with Christ...”

Satan knows if he can keep you disconnected from God, you’re worthless

Spending time, getting to know God is your first purpose in life

Mark 12:29,30 (NIV) “‘The most important one [command],’ answered Jesus ‘is this:...Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’”

When I’m connected to Christ, He gives me everything I need to not do what’s wrong and to do what’s right

1 John 3:6 (GN) “Everyone who lives in union with Christ does not continue to sin;...”

Colossians 4:2 (NCV) “Continue praying, keeping alert, and always thanking God.”

2. If I’m going to make it to the finish line, I must fill my mind with scripture

James 1:25 (NCV) “The truly happy people are those who carefully study God’s perfect law that makes people free, and they continue to study it. They do not forget what they heard, but they obey what God’s teaching says.”

John 8:31-32 (RSV) “Jesus said... ‘If you continue in My word, you are truly My disciples, and you will know the truth, and the truth will make you free.’”

Romans 12:2 (NIV) “...be transformed by the renewing of your mind.”

3. To keep growing I must focus on my goal, not my habit

The law of attraction – whatever you focus on, whatever gets your attention - attracts you

Whatever you resist persists; you are not your past

Phil. 3:12 (NCV) “I do not mean that I am already as God wants me to be. I have not yet reached that goal, but I continue trying to reach it & to make it mine. Christ wants me to do that, which is the reason He made me His.”

Philippians 3:13-14 (NLT) “No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.”

The Bible doesn’t promise a temptation-free life, but a victorious life. You’ll still have temptations, you don’t have to fulfill it

Galatians 5:16 (NIV/NKJ) “Live by the Spirit, and you shall not fulfill the lust of the flesh.”

4. I face and forsake my failures quickly

Keep short accounts with God and others – don't let sins pile up in your life

Lamentations 3:40 (NIV) "Let us examine our ways and test them, and let us return to the Lord."

1 Corinthians 11:31 (NLT) "But if we examine ourselves, we will not be examined by God and judged in this way."

Don't beat yourself up; God never tires of forgiving

5. I have to flee temptation, but I don't fear it

It's not a sin to be tempted; it's a sin to give in to temptation

Hebrews 4:15 (NCV) "He [Jesus] was tempted in every way that we are, but He did not sin."

Attraction is not sin; lust is – it's what you do with it

Maturity is when I don't act on my attraction; I act on my commitments

The closer you get to God, the harder Satan is going to fight you

1 Corinthians 16:13 (NCV) "Be alert. Continue strong in the faith. Have courage, and be strong."

Stay away from tempting situations and tempting association

1 Corinthians 15:33 (GN) "Do not be fooled. 'Bad companions ruin good character.'"

6. I must form an ongoing support group

Two reasons to be in a group that supports you - prayer & encouragement
2 Corinthians 1:10 (GW) "We are confident that He [God] will continue to rescue us, since you are also joining to help us when you pray for us."

Hebrews 10:25 (GW) "We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other..."

Just because one group doesn't work for you doesn't mean you give up on groups;
try another one

7. Follow Christ to the finish line

Philippians 1:6 (NLT) "And I am sure that God, who began the good work within you, will continue His work until it is finally finished on that day when Christ Jesus comes back again."

What God starts, He finishes

Galatians 6:9 (NIV) "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

My Next Step Today Is:

- Of the 7 actions I need to do to continue growing, this week I'll intentionally focus on # _____
- Please email me the article, "How to Have a Meaningful Time with God" by Rick Warren
- I will memorize 2 Peter 3:18
- I plan to attend Class 101 "Introduction to Life at New Hope" w/Pastor Russ on Sun, June 6th