

Life's Healing Choices

Maintaining Momentum – The Growth Choice

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Gerald Thurman & Wes Porter

As we commit to healing choices in our lives, we begin to experience **growth**.

Experiencing growth in our lives is a **continual** process, not an **automatic** one.

Why? Because personal growth is **intentional**.

2 Corinthians 13:5 *Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourself regular checkups.*

^{7th} Healing Choice – reserve a daily quiet time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Three Causes of Stunted Growth

1. Reverting to **willpower**.

Galatians 3:3 *How foolish can you be? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?*

Philippians 1:6

⁶ *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.*

Galatians 5:25

²⁵ *If we are living now by the Holy Spirit, let us follow the Holy Spirit's leading in every part of our lives.*

2. Trying to grow without **support**.

Ecclesiastes 4:9-10 *Two people are better than one, because they get more done by working together.*

¹⁰ *If one falls down, the other can help him up.*

But it is bad for the person who is alone and falls, because no one is there to help.

3. Becoming **prideful**.

Proverbs 16:18 *Pride leads to destruction, and arrogance to downfall.*

Matthew 26:33-35 ³³ *Peter declared, "Even if everyone else deserts you, I never will."* ³⁴ *"Peter," Jesus replied, "the truth is, this very night, before the rooster crows, you will deny me three times."* ³⁵ *"No!" Peter insisted. "Not even if I have to die with you! I will never deny you!" And all the other disciples vowed the same.*

Matthew 26:73-75 ⁷³ *A little later some other bystanders came over to him and said, "You must be one of them; we can tell by your Galilean accent."* ⁷⁴ *Peter said, "I swear by God, I don't know the man." And immediately the rooster crowed.* ⁷⁵ *Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny me three times." And he went away, crying bitterly.*

When we think we have it all together and under control, we are really in **danger**.

Mark 14:38 ³⁸ *Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak."*

Three Tools for Continued Growth

1. **Evaluation**.

Lamentations 3:40 *Let's take a good look at the way we're living and reorder our lives under God.*

Four kinds of evaluation...

...**physical**

...**emotional**

...**relational**

...**spiritual**

When evaluating ourselves, we don't just look for what's **bad** in our lives; we also look for what's **good**.

Effectively evaluating aims to keep our inventory **balanced**.

2. Daily **Quiet Time**.

Consistent personal growth is **directly** connected to growth in our personal relationship with God.

Psalms 42:1-2 *As a deer thirsts for streams of water,
so I thirst for you, God.*

² *I thirst for the living God.*

When can I go to meet with him?

Scriptural examples of Jesus making time to be alone with God.

Luke 5:16 *“But Jesus often withdrew to lonely places and prayed.”*

Luke 22:39 *“Jesus went out as usual to the Mount of Olives, and his disciples followed him.”*

Mark 1:35 *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

If Jesus needed time alone with the Heavenly Father to stay focused and to get through His **tough** times, then we need it even more to live a life that reflects Christ's love, character, and moral purity to the world around us.

3. Committed **Prayer**.

Philippians 4:6-7 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Turning Point...

The Growth Choice is possible when we realize...

...maintaining momentum is more than just **preventing** relapses of bad choices.

...critical to consistent growth is allowing ourselves to **celebrate** our victories and **focusing** on the things that bring us joy and hope.

...we need to consistently **share** the good things going on in our lives with someone.

Our Challenge...

Believers – simply ask God, *“Father God, where have I stalled in my personal growth?”*

Seekers – Making the choice to allow God to transform your life may be difficult; however taking the first step is simple. All it takes is simply inviting Christ into your heart through a prayer like this:

Father God – I come before you today, asking you to save me. I invite your Son Jesus Christ into my heart, and ask Him to be my Lord and my Savior. Father, please forgive me of all sin in my life, and cleanse me from every unclean thing within me. I want to begin to make healing choices in my life, starting with admitting my need for You. And with your help, I want to be the person you created me to be. In Jesus' Name, Amen.