

Life's Healing Choices

“Freedom from your Hurts, Hang-ups & Habits”




Session Seven:
“The Growth Choice”




The Growth Choice:

I reserve a daily 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.




**“You were doing so well!
Who made you stop
obeying the truth.”**

**Galatians 5:7
Today's English Version**



**“Watch out that you do
not lose what you have
worked for, but that you
may be rewarded fully.”**

**2 John 1:8
New International Version**




**“Continue to grow in the
grace and knowledge of
our Lord and Savior
Jesus Christ.”**

**2 Peter 3:18
Today's English Version**




How?

1. Fix a daily
time with God




**“And now, dear children,
continue to live in
fellowship with Christ...”**

**1 John 2:28
New Living Translation**



**“Everyone who lives in
union with Christ does
not continue to sin...”**

**1 John 3:6
Today's English Version**




**“Continue praying,
keeping alert, and always
thanking God.”**

**Colossians 4:2
New Century Version**




How?

2. Fill my mind
with scripture



“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 hear, but
they obey what God’s
teaching says.”

James 1:25
New Century Version




“If you continue in my Word, then you are my disciples indeed; And you shall know the truth, and the truth shall make you free.”

John 8:31-32
King James Version




How?

3. Focus on my
goal, not my
habit



“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 and to make it mine. Christ wants me to do that, which is the reason He made me His.”

Philippians 3:12
New Century Version




“No, I’m 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.”

Philippians 3:13-14
New Living Translation




How?

4. Face & forsake
my failures
quickly



**“People who cover over
their sins will not
prosper. But if they
confess and forsake
them, they will receive
mercy.”**

**Proverb 28:13
New Living Translation**



**“Let us examine our ways
and test them, and return
to the Lord.”**

**Lamentations 3:40
New International Version**




How?

5. Flee
temptation,
but don't
fear it!




**“Run away from sexual
sin!”**

**1 Corinthians 6:18
New Living Translation**




“People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, ...

**1 Timothy 6:9-11
New International Version**



... have wandered from
the faith and pierced
themselves with many
griefs. But you, man of
God, flee from all this,
and pursue
righteousness, godliness,
faith, love, endurance
and gentleness.”

1 Timothy 6:9-11
New International Version




“Do not be fooled. Bad companions ruin good character.”

**1 Corinthians 15:33
Today's English Version**




How?

6. Form an
ongoing support
group



“... We are confident that
God will continue to
rescue us, since you are
also joining to help us
when you pray for us.”

2 Corinthians 1:10
God's Word




“We should not stop
gathering together with
other believers, as some of
you are doing. Instead, we
must continue to
encourage each other...”

Hebrews 10:25
God's Word




How?

7. Follow Christ
to the
finish line



**“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.”**

**Philippians 1:6
New Living Translation**



**“So don’t get tired of
doing what is good. Don’t
get discouraged and give
up, for we will reap a
harvest of blessing at the
appropriate time!”**

**Galatians 6:9
New Living Translation**