



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