

Introduction: Life Is Dynamic!

All living things are either growing or dying.

- Growth is exciting!
- Growth is normal!
- Growth comes from God!
- Growth is not automatic!
- Growth is difficult!
- Growth can be stymied, thwarted, stagnated, and retarded!

How Are You Growing Today?

7 Keys to Personal Growth

People Who Grow . . .

1. Live daily with the _____.

⁴⁸*Be perfect, therefore, as your heavenly Father is perfect. (Matthew 5:48, NIV)*

¹³*until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.*

(Ephesians 4:13, NIV) (Crf Romans 8:29)

2. Make a _____ to grow.

²³Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. ²⁴For whoever wants to save his life will lose it, but whoever loses his life for me will save it. ²⁵What good is it for a man to gain the whole world, and yet lose or forfeit his very self? (Luke 9:23-25, NIV)

⁷Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (1Timothy 4:7-8, NIV)

3. Value _____ more than _____.

¹¹We have much to say about this, but it is hard to explain because you are slow to learn. ¹²In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! ¹³Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. ¹⁴But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. (Hebrews 5:11-14, NIV)

THE SECRET TO YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINES!

4. Cultivate stimulating _____.

²⁴And let us consider how we may spur one another on toward love and good deeds. ²⁵Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-- and all the more as you see the Day approaching. (Hebrews 10:24-25, NIV)

²⁰He who walks with the wise grows wise, but a companion of fools suffers harm. (Proverbs 13:20, NIV)

5. Choose to become progressive _____.

⁶And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6, NIV)

³⁸Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." (Luke 6:38, NIV)

6. Leverage life's _____.

²Consider it pure joy, my brothers, whenever you face trials of many kinds, ³because you know that the testing of your faith develops perseverance.

⁴Perseverance must finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4, NIV)

7. Make time for _____ and _____.

³⁵Very 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. (Mark 1:35, NIV)

Developing a Plan for Your Personal Growth

1. Make a commitment to grow _____!
2. _____ the area of your growth!
3. Take one specific step this _____!

Discussion Questions

1. Share an area of your life where you are growing. How do you feel about that progress?
2. What is the goal of growth according to the Scriptures?
3. Which of the “7 Keys to Growth” are you presently practicing? Which of the “7 Keys” might help you grow the most? Why?
4. What specific, practical step can you take this week toward maturity?