

## 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 \_\_\_\_\_.**

*"Be perfect, therefore, as your heavenly Father is perfect."*

Matthew 5:48 (NIV)

*"...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)  
See also - Romans 8:29

**2. Make a \_\_\_\_\_ to grow.**

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

Luke 9:23-25 (NIV)

*"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For 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 \_\_\_\_\_.**

*"We have much to say about this, but it is hard to explain because you are slow to learn. In 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! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But 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 \_\_\_\_\_.**

*"And let us consider how we may spur one another on toward love and good deeds. Let 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)

*"He who walks with the wise grows wise, but a companion of fools suffers harm."*

Proverbs 13:20 (NIV)

**5. Choose to become progressive \_\_\_\_\_.**

*"And 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)

*"Give, 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 \_\_\_\_\_.**

*"Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance 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 \_\_\_\_\_.**

*"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."*

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?