

Week Ten Life's Healing Choices - Healing Choice Seven - The Growth Choice

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!
2 Corinthians 13:5 ESV



Healing Choice 7 The Growth Choice

Reserve a daily 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. (Steps 10 & 11)

Key points:

- ✓ We are at a crossroads to “grow” or “relapse” in our relationship with God.
- ✓ We practice daily taking the time to do a daily inventory, evaluating the good and the bad, and admitting our wrongs promptly.

1. The Predictable Patterns of Relapse (James 1:12-15)

1. Phase 1 - Relapse happens when when we become _____ and _____.
2. Phase 2 - Relapse can occur because of _____ when begin to rationalize away how bad our hurts, habit and hangups really are or have been.
3. Phase 3 - In the next phase of relapse we _____ and give in to temptation as we make poor choices and gingerly step back into old ways just a little.
4. Phase 4 - The final stage of relapse is _____ as we fully give in to the old hurt, habit and hangup and reestablish the old patterns of living.

2. The Causes of Relapse (John 15:5)

1. We revert to our own _____.
2. We ignore one of the _____ or we _____ too quickly through the choices.
3. We try to recover without _____.
4. We become _____ and think we have overcome our hurt, habit or hangup.

3. When and How To Evaluate Your Spiritual Condition (1 Thess 5:16-22)

1. _____ evaluations help you keep short accounts with God.
2. A daily _____ is an end of day check have I done these two things -
 - _____
 - _____

3. An annual review to take some time alone to go away and look at _____ including new _____, _____ and _____.

4. Content of An Annual Review (Mark 14:38, 1 Cor. 16:13)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

5. How To Continue Growing in God (1 John 2:28, 1 John 3:6, Col. 4:2, Hebrews 10:23-25)

1. _____ a daily time with God
2. _____ my mind with scripture
3. _____ on my goal, not my habit
4. _____ and forsake my failures quickly
5. _____ temptation but don't fear it
6. _____ an ongoing support group
7. _____ Christ to the finish line

Summary of Daily Twelve Bible Study Methods

Taken from Rick Warren's Bible Study Methods: Twelve Ways You Can Unlock God's Word! This book presents and explains 12 proven Bible study methods that will enable you to study the Bible on your own. They are given in the order of simplicity and use of reference tools, beginning with the easiest and moving on to the harder ones.!

1. *The Devotional Method.* Select a short portion of your Bible and prayerfully meditate on it until the Holy Spirit shows you a way to apply the truth to your life. Write out a personal application.!
2. *The Chapter Summary Method.* read a chapter of a Bible book through at least five times; then write down a summary of the central thoughts you find in it.!
3. *The Character Quality Method.* Choose a character quality you would like to work on in your life and study what the Bible says about it.!
4. *The Thematic Method.* Select a Bible theme to study. Then think of three- to-five questions you'd like to have answered about that theme. Next study all the references you can find on your theme and record the answers to your questions.!
5. *The Biographical Method.* Select a Bible character and research all the verses about that person in order to study his life and characteristics. Make notes on his attitudes, strengths, and weaknesses. Then apply what you have learned to your own life.!
6. *The Topical Method.* Collect and compare all the verses you can find on a particular topic. Organize your conclusions into an outline that you can share with another person.!
7. *The Word Study Method.* Study the important words of the Bible. Find out how many times a word occurs in Scripture and how it is used. Find out the original meaning of the word.!
8. *The Book Background Method.* Study how history, geography, culture, science, and politics affected what happened in Bible times. Use Bible reference books to increase your understanding of the Word.!

9. *The Book Survey Method.* Survey an entire book of the Bible by reading it through several times to get a general overview of its subject matter. Study the background of the book and make notes on its contents.!

10. *The Chapter Analysis Method.* Master the contents of a chapter of a book of the Bible by taking an in-depth look at each verse in that chapter. Take each verse apart word by word, observing every detail.!

11. *The Book Synthesis Method.* Summarize the contents and main themes of a book of the Bible after you have read it through several times. Make an outline of the book. This method can be done after you have used the Book Survey Method and the Chapter Analysis Method on every chapter of that book.!

12. *The Verse-by-Verse Analysis Method.* Select one passage of Scripture and examine it in detail by asking questions, finding cross-references, and paraphrasing each verse. record a possible application of each verse you study.

S. O. A. P. Journaling Method

It's one thing to simply read scripture, but when you interact with it, when you learn to slow down to REALLY read it, suddenly words start popping off the page. By SOAPing your verses you are able to dig deeper into scripture and "see" more than if you simply read the verses and then went on your merry way. Let me encourage you to take the time to S.O.A.P. the daily verses and see for yourself how much more you get out of your daily reading.....you'll be amazed.

WHAT DOES S.O.A.P. MEAN?

S– The S stands for Scripture- you physically write out the scripture.....you'll be amazed that what God will reveal to you just by taking the time to slow down and actually write out what you are reading!

O– The O stands for observation- what do you see in the verses that you're reading? Who is the audience? Is there a repetition of words? What words stand out to you?

A– The A stands for Application- this is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

P– And finally P stands for Prayer. Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

Studying God's Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

HOW DO I S.O.A.P.?

Here is a personal example....Colossians 1:5-8

S– The faith and love that spring from the hope that is stored up for you in heaven and that you have already heard about in the word of truth, the gospel that has come to you. All over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

O– (Many times I just bullet my observations.....what I’m seeing at first glance when looking at the verses)

When you combine faith and love, you get hope.

We have to remember that our hope is in heaven.....it is yet to come.

The gospel is the word of truth.

The gospel is continually bearing fruit and growing from the 1st day to the last.

It just takes one person to change a whole community.....Epaphras.

A– Something that stood out to me today was how God used one man, Epaphras to change a whole town!!! I was reminded that we are simply called to tell others about Christ.....it’s God’s job to spread the gospel....to grow it and have it bear fruit. I felt today’s verses were almost directly spoken to LGG.....“all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God’s grace in all its truth.” Isn’t it fun when God’s Word becomes so alive and speaks directly where we are at?!!!! My prayer today is that all the women involved in this Bible study will understand God’s grace and have a thirst for His Word.

P– Dear Lord, please help me to be a “Epaphras”.....to tell others about you and then leave the results in your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby becoming more and more like you each and every day. Help me to live a life that bears the “fruit” of faith and love.....anchoring my hope in heaven, not here on earth. Help me to remember that the BEST is yet to come!

The most important ingredients in the S.O.A.P. method is YOUR interaction with God’s Word and your APPLICATION of His Word for YOUR life.

Daily Inventory

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10

Do you think it is helpful to take an inventory at day's end to analyze our interactions with people, as well as our responses to stressful circumstances? How important is daily inventory for spiritual growth to see ourselves more objectively?

A daily inventory can be a quiet time with the Lord when we ask the Spirit to reveal those things which help us to be more Christ-like. If we are striving to be more Christ-like, then a daily inventory will be helpful for us. But grow in the grace and knowledge of our Lord and Savior Jesus Christ. (2 Peter 3:18) The Christian life is one of continual growth on the road to becoming more Christ-like, and a daily inventory can greatly help in this process.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23). An easy way to start your daily inventory is to compare your day with the fruit of the Spirit. If we are honest with ourselves then we can recognize when our behavior deviates from the fruit of the Spirit.

During the inventory, write down areas where you can be more Christ-like. And at the end of the inventory, pray for God's divine power to help. The Lord is molding you to the mind and heart of Christ, and if you are striving to be Christ-like, then you are guaranteed to find a daily inventory helpful.

Today, make a conscious effort to be more Christ-like and to walk confidently and securely in Christ. Try to view everyone through the eyes and heart of Jesus and to see them in terms of their eternal lives.

Daily Inventory Checklist of Questions	
1. Did I ask God to join me in my walk so I could do His will for the day? (Y/N)	
2. Did I take time for prayer, meditation or Bible reading? (Y/N)	
3. What decisions did I ask God for assistance? (topics)	
4. Was I feeling any of the following in a significant way? Hunger, Tired, Anger, Resentful, Irritable, Lonely, Shame, Guilt, Unhappy, Confused, Frustrated, Anxious, Desperate, Attacked, Wounded,	
5. Did I exhibit any behavior(s) that were not pleasing to God? enter here >	
6. Did I witness any of my character defects?	
	a. Was I selfish? (self-centered)
	b. Was I dishonest? (denial, false image)
	c. Was I afraid? (fear)
	d. Did I get into self-pity? (victimized, resentful, etc)
	e. Did I procrastinate?
	f. Did I act-out any of my main bad habits or hang-ups?
7. Did I keep to myself what I should share immediately with one I trust?	
8. Was I kind and loving toward all?	
	a. Did I bad-mouth?
	b. Did I gossip?
	c. Was I controlling?
	d. Was I abusive?
9. Do I owe someone a “do-it now” apology?	
10. Was I missing JOY today that God promises in my life?	
11. Did I fail to do today what I said I would do today?	
12. Did I fail to use the gift(s) today that God has given me to help others?	
13. Was I thinking of others most of the day (instead of myself)?	

Homework Assignment

1. Read Chapter 8 of Life’s Healing Choices

2. Begin writing down a daily review for one or two days

a. Things you did well

b. Things I messed up today

c. This is how I responded

(End of Week 10)