

Healthy Choices - The Beatitudes

Part 7 – Choosing to Grow

Sept 16, 2018

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This week's 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.

Week 1: Choosing Reality: Realize I'm not God, admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Week 2: Choosing Hope: earnestly believe that God exists, that I matter to Him, and that He has the power to help me change.

Week 3: Choosing Commitment: Consciously choose to commit all my life and will to Christ's care and control.

Week 4: Choosing to Clean House: I openly examine and confess my faults to myself, to God, and to someone I trust.

Week 5: Choosing Transformation: Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.

Week 6: I evaluate all my relationships, offer forgiveness to those who have hurt me, and make amends for harm I've done to others, except when to do so would harm them or others.

Today's: 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.

2 Peter 3:18 (NIV)

“Grow in the grace and knowledge of our Lord and Savior Jesus Christ”

HOW TO GROW

1. Spend _____

1 John 2:28 (NLT)

“And now, dear children, remain in fellowship with Christ so that when he returns, you will be full of courage and not shrink back from him in shame.

2. _____ . Fill yourself with _____

James 1:25 (NCV)

But 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 heard, but they obey what God's teaching says. Those who do this will be made happy.

John 8:31-32 (NIV)

³¹ ...*“If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free.”*

John 16:33 NIV

In this world you will have trouble. But take heart! I have overcome the world.”

3. Focus on your goal – _____

Phil. 3:12-14 (NCV)

¹² *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. ¹³ Brothers and sisters, I know that I have not yet reached that goal, but there is one thing I always do. Forgetting the past and straining toward what is ahead, ¹⁴ I keep trying to reach the goal and get the prize for which God called me through Christ to the life above.*

4. _____ failures quickly

Lam. 3:39-40 (NIV)

³⁹ *No one should complain when he is punished for his sins. ⁴⁰ Let us examine and see what we have done and then return to the Lord.*

Proverbs 28:13 NCV

If you hide your sins, you will not succeed. If you confess and reject them, you will receive mercy.

5. Flee temptation, but _____

1 Cor. 15:33 NIV

Do not be misled: “Bad company corrupts good character.”

6. Growth _____

Hebrews 10:24-25 NIV

²³ *Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another— and all the more as you see the Day approaching.*

7. Remember, you have a _____

Phil. 1:6 (NLT)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.