

## 1 ■ THE FRAMEWORK OF GROWTH

### Chapter 3

## 2 ■ Growth

- The principle of growth is often overlooked in the early stages of recovery because we so badly want to “arrive”
- An entire system in our life was infected. We aren’t changing one behavior at a time, we are changing the entire “processing system” that ultimately showed up in our behavior
- Understanding our inner workings is valuable, although too much of a focus has the potential to confuse us.
- Modern-day psychology seeks to figure this out – none of it is wrong, but the reasons and solutions are altogether different when seen through a biblical foundation

## 3 ■ Growing Up

- We are introduced to a world view and an exposure to life based on our initial upbringing
- Our parental is most influential, but the cultural and other people can also have a lot of impact
- We learn to live within the means of expectations
- The modeled behavior in our lives is far more impacting to us than spoken words
- Our childhood years are an absorption process, we are sponges acquiring information

## 4 ■ Developing the Mind

- Our mind is a warehouse of information that we acquire in the form of belief system
- Our mind has a “super highway” that helps us retrieve information quickly as to not have to relearn it again
- For many of our daily functions, this is good, but this is also how we acquire negative strongholds. What we are told based on lies can become a “superhighway” motivated system

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## 5 ■ The Importance of the Mind

- The mind is where the main battle of our lives is fought.
- Whatever controls our mind, controls our lives. Our thinking directly impacts our feelings and behaviors.
- The battle for our belief systems is wages continually – war between the two forces of the world – Kingdom of Heaven and Kingdom of Hell
- Although it feels easier to boil it down into more practical terms, as believers, we must see it through this perspective. We are living with the outcomes regardless.

## 6 ■ The Influences of the Mind

- Flesh nature
- Demonic
- People and cultural – especially parents

## 7 ■ Giving our Minds to God

- The Word of God isn’t a magical “zap” – it’s an empowerment (source of power) to be able to connect with truth and make a choice to live God’s way
- We gain spiritual insight, wisdom and vision to understand how to respond
- We must saturate our minds in the truth of God – and believe and meditate on His promises

Ultimate goal is that God becomes the Influencer of our thoughts, which will directly give us the information necessary to make wise decisions related to our actions.

#### 8 **Emotional Development**

Feelings are normal and natural, the problem isn't our emotions, it's how we learned to deal with them.

Emotional maturity is about not reacting to our emotions as if they dictate truth

We need to develop new coping mechanisms to deal with our emotional turmoil, namely, this is learning to go to God first

We will be asked to bypass our emotions to make right decisions. Many times, the negative feelings won't go away until we learn how to make the right choices.

#### 9 **Understanding the Will**

▪ The will is our decision maker that leads us to behave in numerous ways

▪ Discipline helps us to understand the ramifications of right and wrong choices

▪ Ultimately, the goal of our lives is to have our wills surrendered to God

▪ In codependence, our will was taken captive. Unknowingly, we often did the same to others, even though our intents were good.

#### 10 **Reparenting God's Way**

▪ The influence of our Spiritual Father will supersede the bond of our earthly parental bond if we give God His rightful position

▪ Our earthly parents have an honorable position, but it is temporary and is meant to transfer purposes

▪ We must be willing to leave the influence of our earthly family in order to be entirely influenced by God and His eternal destination for our lives

▪ We don't need to disrespect our parents – we should always honor, but we don't need to hold onto faulty loyalty and alliances either.

#### 11 **Leaving Home**

▪ Releasing the child within to grow up

▪ Saying goodbye to the pain of our past

▪ Saying goodbye to broken dreams of our past

▪ No longer being bound to parental authority for all decision making

▪ Cleaning, redeeming, purifying pain, violations and memories

▪ Understand the power of it – sometimes we don't know how to function outside the distorted family system

#### 12 **How Does Change Appear?**

▪ Measuring our maturity takes on a new form

▪ Everything that comes under the power of God will begin to grow

▪ Everything we hang onto in our own strength, cannot grow

▪ The "bond of God" nurtures us in wholeness and maturity, just as our earthly bond was meant to nurture us in our human development.

13  **Growing Spiritually**

- Our spiritual growth isn't about what we do, but about how we access and acquire the resources of God
- Most of us had a faulty assumption that God was most interested in behaviorally performance, but He's most interested in what has been touched by grace
- We will need to move beyond a religious mindset – and learn how to be strong in our weakness

14  **Assessing Our Growth**

- Living by Love
- Godly confidence based on grace
- Emotionally maturing and stabilizes
- Develop Christ-centered esteem
- We develop healthy boundaries
- We secure our identity
- We develop God attachment
- We live freely
- We produce fruits of the Spirit
- We live bitter free

15  **Measuring Growth**

- Not about performance or shame, but about an honest assessment of where we are at, and where we are going
- Any areas of weakness don't need our "action", but require God to interject and deal with our heart at some level
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16  **Generational Curses and Blesses**

- Chooses to live under a blessing is possible, because our status as God's child replaces any earthly experience. We have a spiritual inheritance that is accessible to us right now
- We can learn to walk out of the curses – but we need to be aware that the influence will continue to appear in our lives in various ways
- We can declare the blessings of God over our lives on a regular basis, not just one time. We can make this same declaration over our children, spouse and anyone else in our life.