

1 **A HOUSE THAT GRACE BUILT** **Chapter 3: The Framework of Growth**

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
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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
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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

THIS IS WHERE STRONGHOLDS ARE FORMED – LIES THAT

BECOME TRUTH

5 THE BATTLEFIELD 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 waged 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.

6 INFLUENCES

- Flesh nature
- Demonic (spiritual realm)
- People and cultural

7 OVERCOMING STRONGHOLDS

- 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.
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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.

- Emotional healing isn't cut and dry – it will be a perpetual learning cycle.
- Release and grief (Chapter 2) is critical application

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10 **HEALTHY CHOICES**

11 **RE-PARENTING**

12 **LEAVING HOME**

13 **MEASURING GROWTH**

14 **HOW GROWTH OCCURS**

15 **SPIRITUAL GROWTH**

16 **SPIRITUAL GROWTH**

17 **MEASURING GROWTH**

18 **BLESSES & CURSES**

19 **BLESSES & CURSES**