

## Why Don't I Grow.....?

Often, we do not grow because are often stuck in our own busy lifestyles, trying to please others, trying to work harder for a bigger home, or seeking the next promotion at work, or maybe focused on growing your portfolio. Many times, these are good things in life; however there needs to be a balance. Where God is included in our life, where we have balance and a purpose for our existence here on earth. To just to plain exist or hide in a busy lifestyle is not the answer and certainly is not God's plan for your life!

**“The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.”**

1 Corinthians 2:14 (NIV)

### Suggestions why you may not be growing:

- |                               |                               |   |
|-------------------------------|-------------------------------|---|
| 1. Stuck in fear              | 2. Lazy habits                | 3. Over-whelmed from life                 |
| 4. Lack self-discipline       | 5. Hiding in busyness         | 6. Say “Oh.... that’s the way I am”       |
| 7. Distractions in life       | 8. Prideful tenancies         | 9. Not surrendering to God’s ways         |
| 10. No alone time with God    | 11. Afraid of change          | 12. Stuck in un-forgiveness to others     |
| 13. Isolation from others     | 14. Ignorance of a better way | 15. Do not pray for growth /change        |
| 16. Focus is on worldly idols | 17. Poor life style habits    | 18. No learning tools (counseling, books) |
| 19. Procrastination           | 20. Stuck in ruts of life     | 21. No accountability in life             |

Often in life we do not change unless we are forced to.... often this is in the midst of a lot of pain, a whole lot of pain. Maybe where you're at the EDGE of the cliff so to speak, where you have NO where to run..... NO where to hide. This is where you come face to face yourself, and your character flaws. The good news is that often, these character flaws and bad habits can be unlearned, and then new habits can be learned if we choose. Yes, these are choices.... and it's a lot of hard work. However, it's worth it!

Explain how you might feel stuck in your “ruts of life” and not growing. \_\_\_\_\_

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Write down what little things you can do to begin to face your fears and grow. \_\_\_\_\_

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## Why Don't I Grow.....?

**Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning.** Proverbs 9:9 NIV

### Good News on How to Grow With God's Help!

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|-------------------------------------|---------------------------------|------------------------------------|
| 1. Face the pain as a learning tool | 2. Face your own fears & giants | 3. Use prayer as a tool for growth |
| 4. Meditate / study the bible       | 5. Study Godly inspired books   | 6. Turn a car/home into classroom  |
| 7. Memorize bible verses            | 8. Learn to listen to God       | 9. Attend church & bible studies   |
| 10. Pray for wisdom & discernment   | 11. Have a teachable spirit     | 12. Give the situation 100% to God |
| 13. Serve / give back to others     | 14. Find Godly men mentor(s)    | 15. Believe change can happen      |
| 16. Trust God in the process        | 17. Lean into God's ways        | 18. Get rid of negative influences |
| 19. Focus on God's plan             | 20. Have a humble attitude      | 21. A men's accountability group   |

Learn you can change your tomorrow, if your focus is on God and His ways. A healthy focus is when we prayerfully allow God to be in the center of your daily life. Then little by little..... day by day, you will change. If you trust in Him.... for a better outcome!

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup> Then you will call on me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart.”* Jeremiah 29:8-13 NIV

Explain specifically from the list above (or others), how can you begin today to grow, to change your tomorrow? \_\_\_\_\_

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**Know with God in your boat,.....your boat will not sink!**