



# How People Grow: What the Bible Reveals about Personal Growth

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## Men's RoundTable - Resources for the Journey

"The Bible stands alone as God's only perfect guide to life and growth. Through the miracle of forty or so authors over the course of fifteen hundred years producing a magnificently consistent set of ideas and stories, God laid out all the elements for us to understand how people grow. Since the Bible has been written down, it can be scrutinized and checked objectively. It is a trustworthy and dependable book of life for us (Psalm 119:138)." Dr. Henry Cloud in *How People Grow*.

1. What is your model for personal growth? What have you been taught? Does it encompass all that the Bible says or that you desire out of life? What do you want out of life?

2. What is your view of how "spiritual growth" and "real life" are connected? Is there a disconnect between the life of God and your "real" life? Are there areas of life you don't expect "spiritual growth" to affect?

The Bible has much to say about the things that help people grow in \_\_\_\_\_ as well as spiritual ones. The Bible is relational revelation – God, our Creator, reveals Himself to His people in order to have a relationship with them – it is the same for us today. When we move to rules, laws, and morality then relationship breaks down – the Pharisees are the model for rules, morals, and principles without relationship - and Jesus rocked their world because they were "blind scribes", a "brood of vipers", "whitewashed tombs" – strong words and actions from Jesus in confronting those who thought they had all the answers!

So not only is the Bible \_\_\_\_\_, but what is \_\_\_\_\_ is in the Bible!

Major doctrines, disciplines, and themes along the journey of Growth:

The Bible	The created order
The theology of God	The role of the Body of Christ (the church)
The person of Christ	Poverty of spirit and brokenheartedness
The Holy Spirit	Guilt and forgiveness
The role of truth	Confession
The role of grace	Discipline and correction
The role of sin and redemption	Obedience and repentance
Suffering and grief	The role of time

*The Formula for Growth:* **Grace + Truth + Time = Growth**

## Practical Growth *(compiled from experiences of many)*

1. \_\_\_\_\_ - ask for it from **safe, wise** people (counselors, mentors, friends, groups) – we need OTHERS speaking TRUTH and LOVE into the broken parts of our lives – helping us see our blind spots! Our pain gets us to that place and we become THANKFUL for the broken parts in our lives – it is how Jesus becomes REAL to us as our Savior, Healer, Forgiver, Rescuer, Restorer, Lover of our Soul!
2. Learning to \_\_\_\_\_ LOVE and FORGIVENESS from those same people - learn to TRUST what they are saying. The only way we can learn to TRUST is through “safety & security” - Prov. 3:5,6
3. Accepting LIMITS and TRUTH from those same people...becoming \_\_\_\_\_ to acknowledging our blind spots and asking those that KNOW you for help...**help me SEE ME!**
4. Self-administer large doses of GRACE and PATIENCE over \_\_\_\_\_...it is a JOURNEY and a PROCESS!
5. Learn to REVEAL, RECEIVE, & TRUST! Remember the 3C's of \_\_\_\_\_ - COURAGE, CONNECTION, & COMPASSION

These things are and will be ongoing over the course of a lifetime....but they are the things that bring us to LIFE! There was (is) not one thing - it is more like an economy - God's economy - it all works together!

## **ACTION: DO THIS!**

**The Five Questions of Relationship** – create a safe environment before asking these so you can get honest feedback – tell them you are going to ask these questions and that you are only going to listen with your pen as you write down what they are telling you. Let them know beforehand you are only going to listen as they answer – then **DO NOT RESPOND** other than to say – “Thanks for sharing.”

1. What is it like being my son (wife, daughter), having me as your father? (husband, stepfather)
2. What is (has been, was) your deepest hurt or frustration you have experienced in being with me (or having me as your father/husband)?
3. How do you try (did you try) to protect yourself from me when I hurt you?
4. What do you need from me that I fail (failed) to give you?
5. What do you truly desire in our relationship?