



Life's Healing Choices

Choosing Growth | Week 7

November 15 & 16, 2025

Galatians 5:7 (TEV)

You were doing so well. Who made you stop obeying the truth?

My Choice #1 (The Reality Choice):

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

My Choice #2 (The Hope Choice):

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

My Choice #4 (The House Cleaning Choice):

Openly examine and confess my faults to myself, to God, and to someone I trust.

My Choice #5 (The Transformation Choice):

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

My Choice #6 (The Relationship Choice):

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

My Choice #7 (The Growth Choice):

Reserve a daily quiet time with God for self-examination, Bible reading, 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 (TPT)

But continue to grow and increase in God's grace and intimacy with our Lord and Savior, Jesus Christ. May He receive all the glory both now and until the day eternity begins. Amen!

7 Steps for Continued Growth

1 I need to _____ a daily time with God and keep it, no matter what.

TAWG Time:

T – _____

A – _____

W – _____

G – _____

1 John 2:28 (TLB)

And now, my little children, stay in happy fellowship with the Lord so that when he comes you will be sure that all is well, and will not have to be ashamed and shrink back from meeting him.

1 John 3:6 (TEV)

So everyone who lives in union with Christ does not continue to sin; but whoever continues to sin has never seen him or known him.

Resources for Personal Spiritual Growth:

- You Version Bible App
- Bible Gateway
- Our Daily Bread Ministries
- The Bible Project

Bible Translations:

- New International Version (NIV)
- New English Translation (NET)
- English Standard Version (ESV)
- New Living Translation (NLT)

2 I must _____ my mind with the Bible.

James 1:25a (GW)

However, the person who continues to study God's perfect laws that make people free and who remains committed to them will be blessed.

John 8:31b-32 (KJV)

If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free.

3 I must _____ on my goal, not my hurt, hang-up, or habit.

Philippians 3:12 (NCV)

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 own.

Philippians 3:13-14 (LB)

... I am still not all I should be, but I am bringing all my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize...

The Right Kind of Goal Is:

F – _____
A – _____
I – _____
T – _____
H – _____

Don't look at temptation as terrible, instead look at it as an _____ to do the _____ thing.

4

I must _____ and _____ my failures quickly.

Lamentations 3:40 (NIV)

Let us examine our ways and test them, and let us return to the Lord.

1 Corinthians 11:31 (NLT)

But if we would examine ourselves, we would not be judged by God in this way.

Proverbs 24:16a (TPT)

For the lovers of God may suffer adversity and stumble seven times, but they will continue to rise over and over again.

Micah 7:18-19 (NLT)

Where is another God like you, who pardons the guilt of the remnant... You will trample our sins under your feet and throw them into the depths of the ocean!

5

I must _____ temptation, but never be afraid of it.

1 Corinthians 6:18-20 (NLT)

Run from sexual sin! ... Don't you realize that your body is the temple of the Holy Spirit... So you must honor God with your body.

1 Corinthians 16:13-14 (TPT)

Remember to stay alert and hold firmly to all that you believe. Be mighty and full of courage. Let love and kindness be the motivation behind all that you do.

Two pitfalls to avoid:

- **Tempting** _____ – any place, position, or presentation that tempts you.
- **Tempting** _____ – stay away from the people who tempt you to do the wrong thing.

1 Corinthians 15:33 (TPT)

So stop fooling yourselves! Evil companions will corrupt good morals and character.

2 Corinthians 1:10–11 (MSG)

...he's the God who raises the dead! And he did it, rescued us from certain doom. And he'll do it again, rescuing us as many times as we need rescuing. You and your prayers are part of the rescue operation...

Acts 2:46 (NLT)

They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity.

Philippians 1:3-5 (TPT)

My prayers for you are full of praise to God as I give Him thanks for you with great joy! I'm so grateful for our union and our enduring partnership...

Philippians 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.

Galatians 6:9 (NLT)

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

1 Corinthians 9:24-27 (NIV)

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

2 Timothy 4:7-8a (NLT)

I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness.

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Scan the QR code and scroll to the bottom for direct links or search for the handles listed below:

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G – God

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F – Focused

A – Attainable

I – Individual

T – Trackable

H – Heartfelt

Don't look at temptation as terrible, instead look at it as an opportunity to do the right thing.

4

I must face and forsake my failures quickly.

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6

I must form an ongoing support group.

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I must follow Jesus to the finish line.

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