

---

Outline

Introduction

*“Blessed are those who hunger and thirst for righteousness,  
for they will be filled.”* Matthew 5:6

*“But grow in the grace and knowledge of our Lord and Savior  
Jesus Christ.”* 2 Peter 3:18

Two Areas of Focus for Growth

Mercy and Grace

I. Spend Time with God

*As the deer pants for streams of water,  
so my soul pants for you, my God.  
My soul thirsts for God, for the living God.  
When can I go and meet with God?* Psalm 42:1-2

Two Extremes to Avoid in Your Devotional Life

Why “Schedule it”

*“I am the vine; you are the branches. If you remain in me and I in you, you will bear  
much fruit; apart from me you can do nothing.”* John 15:5

Motivation for Spending Time with God

*“Anyone who continues to live in him will not sin.”* 1 John 3:6

II. Spend Time in God’s Word and in Prayer

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”* Romans 12:1-2

Sources for Falsehoods

*The Lies We Believe* by Dr. Chris Thurman.

The lies we tell ourselves:

“I must have everyone’s approval in order to feel good about myself.”

“It’s easier to avoid your problems than it is to face them.”

“I can’t be happy unless everything goes my way.”

The lies the world tells us:

“You can have it all.”

“Your self-worth is determined by your net worth.” Or another variation is “Your worth is determined by your performance in the workplace.”

“Beauty is determined by what’s seen.”

The lies about marriage:

“If marriage is hard, if it takes a lot of work, I must have married the wrong person.”

“My spouse should meet all my emotional needs.”

“I shouldn’t have to change to make my marriage work.”

“Feeling is fact.” If I feel it then it is true.

Religious lies:

“If bad things are happening to me it’s because God is punishing me. All of my problems are the result of my sin.”

“God’s love must be earned.”

“If the last thing you do in life is a sin, hell is in your future.”

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* 1 Thessalonians 5:16-18

III. Tips on Growing in Our Relationship with God.

1. Focus on your future rather than on your failures.

*“Brothers and sisters, I do not consider myself yet to have taken hold of it. (referring perfection in Christ) But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”* Philippians 3:13-14

2. Don’t buy into the generational, dysfunctional lie: “The grass is always greener on the other side”

3. Use the dysfunctional lie to your advantage.

4. See relapses are part of the growth process.

5. Set up protections from the pull of your spiritual Goliaths

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...” Hebrews 10:24-25*

*“He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.” 2 Corinthians 1:10-11*