

# ON TRACK SERIES BIBLE APPLICATION WEEK 1

## HOW TO MOVE FROM BEING STUCK TO GROWING UP

### WEEK OF OCTOBER 20-27

#### I. Introduction

Have you ever gotten stuck or lost your way on a journey to an important destination?

- A. Most people move from growing to plateauing in the spiritual growth journey. This is a series about helping us get unstuck and on track to reaching our full potential in Christ.
- B. The truth is that it is natural to allow ourselves to move from conquering to coasting. Growth is not going with the flow; it is often going intentionally against it. You know you are growing because it is uphill all the way.

#### II. Why growth is so important

- A. Growth is the key to happiness.  
*“I have told you this so that my joy may be in you and that your joy may be complete.” (Jn. 15:11)*
- B. It is how we overcome obstacles and fulfill our potential.
  - *“Most of lives biggest problems can’t be solved but they can be outgrown.” – Carl Jung*
  - *“The only guarantee that tomorrow is going to be better than today is if you are growing and getting better.” John Maxwell*
- C. Our growth determines the capacity we have to add value to those around us. We can’t give what we don’t have.

#### II. What is spiritual growth?

- A. Spiritual growth is about inward daily choices we make about things like perspective, attitude, commitment, and obedience that eventually produce outward results. (victory, better relationships, God using us in more powerful ways...)
- B. Spiritual growth is different than other kinds of growth. It is not educational, it is transformational. It is about a supernaturally changed heart. It is not just about getting smarter, bigger, and faster; it’s about growing a bigger heart of love for God.
- C. The challenge of growth is that if it is going to happen it usually happens at the points in our lives where we feel like growing the least. We grow in love by being around difficult people. We learn to have a good attitude when we feel like having a bad one.

### III. Keys to getting unstuck and on track to grow spiritually

- A. Realize we grow the most by being with people with whom we grow together.
- B. Growth comes from changing our mindset from a fixed mindset to a growth mindset.
  - 1. **Symptoms of a fixed mindset**
    - a. Limited with lids, lies, and labels
    - b. Victim mindset that blames and excuses
    - c. I want it now mindset, always looking for a short cut
    - d. Tomorrow, someday I will grow
  - 2. **Growth mindset**
    - a. Focused on progress not perfection  
Willing to pay the price of daily progress
    - b. Passionate about learning and applying what we learn  
*“Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation.” (1 Peter 2:2)*
    - c. Failure is not final; limits are not permanent.
    - d. The more I own it, the more I can outgrow it.
- C. Growth always means leaving some things behind.  
*“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily besets us, and let us run with perseverance (consistency) the race that is set before us.” (Heb.12:1)*
- D. The key to growth is focusing and taking the “next” step.  
When we step out, God steps in.

#### QUESTIONS FOR DISCUSSIONS

- 1. Describe a time or place you got lost, took a wrong turn, or got stuck. What did you have to do to get back on track?
- 2. Where is an area where you often have to work at putting off a “fixed” mindset for a “growth” mindset?
- 3. Where have you felt stuck or stalled lately in your walk with Christ? What is a weight that you might need to leave behind to grow to your full potential in Christ?
- 4. Describe what might be a next step God might want you to take in some area of your journey with Christ. Is there an area where you would like the group to pray for you and to encourage you in your growth?