



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 24, 2008



How People Grow, 1: The Big Picture

Featuring

Dr. John Townsend

Psychologist

*Best-selling co-author of Boundaries series,
author of How People Grow*

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I. How do spiritual, relational, and emotional growth relate?

Things that heal were in the Bible all along

The “God part” vs. the “real part”

It’s all spiritual/theological/biblical

Good psychology has to bend the knee to good theology

II. Why this matters

- It helps to know that all growth is spiritual growth

Then, whatever I struggle with, God has a path

- You can trust that it’s all in the Bible

- It gives you the big picture

- It helps you help other people grow

All Scripture is inspired by God and is profitable for teaching, for reproof, for correction, for training in righteousness.
—2 Timothy 3:16

III. Act I: The act of Creation

Everything was the way God designed it

God wanted us dependent on Him

God designed the universe to be relational

God is the boss

God had specific roles for us to be in

God would provide; we would depend

God would be in charge; we would yield

God was the judge; we would experience Life

God made the rules; we would obey

²⁴“So the LORD commanded us to observe all these statutes, to fear the LORD our God for our good always and for our survival, as it is today.

²⁵It will be righteousness for us if we are careful to observe all this commandment before the LORD our God, just as He commanded us.”
—Deuteronomy 6:24-25

IV. Act II: The Fall

All the orders and rules got inverted

We became self-sufficient and un-relational

We became our own boss and our own source

We stopped being in control of ourselves and started controlling others

We started judging ourselves and beating ourselves up

We stopped believing in rules

And we started to see the fruit of that—the symptoms

V. Act III: Redemption

God bought us back from the darkness

It's all about God and all from God

Reconnect

Put God in charge

Let God judge

Follow God's rules

VI. Steps for the path

Unpack your life and look at the fruit

Get curious about the root

Begin to ask God for insight

Next week on *Solutions*: “How People Grow, 2: God, Jesus, & the Holy Spirit”

Resources

How People Grow: What the Bible Reveals about Personal Growth

by Drs. Henry Cloud and John Townsend
www.cloudtownsend.com

Loving People

by Dr. John Townsend
www.cloudtownsend.com

Boundaries

By Drs. Henry Cloud and John Townsend
www.cloudtownsend.com

Ultimate Leadership workshops

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Contact Information

Dr. John Townsend

Cloud-Townsend Resources
3176 Pullman Street, Suite 105
Costa Mesa, California 92626
Phone: 800-676-4673
Web: www.cloudtownsend.com

Church Communication Network

PO Box 1718
Mt. View, CA 94042
Phone: 800-321-6781
Fax: 650-745-0660
Email: ccninfo@ccnonline.net
Web: www.ccn.tv

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