



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF APRIL 7, 2008



**How People Grow, 3:
People, Acceptance,
Forgiveness, the Bible**

Featuring

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Psychologist

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

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I. People

People are very important in the spiritual growth process

What people bring:

- Emotional connection
- Structure and accountability
- Grace
- Truth and wisdom

Without people, you won't get everything that God has for you

- A sense of the universality of suffering
- Discipleship

We all need a makeover!

Connecting to people does that makeover

As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God.
—1 Peter 4:10

²³Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.
—Psalm 139:23-24

II. Acceptance

Acceptance: When someone else brings all of me into the relationship

You really can't accept yourself

Acceptance frees us from the bondage of the Law

God looks on us with favor

The parts of us that get judged need to be accepted

- Your needs for support
- Your truth
- Your anger
- Your sexuality
- For some people, their existence

Accept one another, then, just as Christ accepted you, in order to bring praise to God.
—Romans 15:7

And when you sacrifice a sacrifice of thanksgiving to the LORD, you shall sacrifice it so that you may be accepted.
—Leviticus 22:29

You must have a process mentality toward acceptance

Acceptance doesn't happen overnight

Acceptance does not mean approval

III. Forgiveness

We don't understand forgiveness: how to receive it, how to give it

Forgiveness: to cancel a debt

Guilt is not a feeling but a state

The voice of guilt is a harsh conscience—but it's not God

The more you bring that into relationship, the more it heals

Forgiveness requires humility: you have to ask for it

“Do you forgive me?”

It takes two hearts

Forgiveness doesn't mean it never happened

IV. The Bible

The Bible points us to God, life, and relationship

The Bible is unchanging: it's trustworthy

Read it—and do it

Ask yourself: What am I learning about relationships?

Be a person who is biblically literate

Get to know the Bible systematically

*²³Those who listen to the word but do not do what it says are like people who look at their faces in a mirror²⁴ and, after looking at themselves, go away and immediately forget what they look like.
—James 1:23-24*

Next week on *Solutions*:
**“How People Grow, 4: Grief, Righteousness, Discipline,
 and Spiritual Poverty”**

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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