



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF APRIL 14, 2008



**How People Grow, 4:
Grief, Righteousness, Discipline,
and Spiritual Poverty**

Featuring

Dr. John Townsend

Psychologist

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

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I. Grief

The Bible doesn't teach that grief is bad

Grief is the pain that can cure almost all other pain

Definition of grief: To let go of something

If you feel grief, you've experienced a loss

Grief is coming to terms emotionally with the reality of the loss

Grief allows us to accept reality so we can move on to new realities

Many depressions are because of grief a person couldn't get through

Steps:

- Learn to experience helplessness
- Bring your grief to relationship
- Realize that grief has an endpoint
- When you have to let something go, think about how to replace it

*He was despised and
rejected—a man of sorrows,
acquainted with deepest grief.
—Isaiah 53:3*

II. Righteousness

Righteousness: Living right direction

A righteous person isn't a perfect person

Turning from worldly ways to Kingdom ways

Understand and get insight—ask: What's next?

Sometimes insight isn't enough: you may have to work on a habit

*Noah was a righteous man, the
only blameless person living on
earth at the time, and he walked
in close fellowship with God.
—Genesis 6:9*

III. Discipline

Discipline brings forth righteousness

What you don't have from the inside you have to get from the outside

Discipline: A form of training for self-control

If we follow our impulses, we're not free: we're in prison

With discipline you become free to make good choices

Discipline divorced from love never works

Accountability alone won't heal you

Three levels of discipline:

- Self-correction
- Other-correction
- Reality: God gives us consequences

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.
—Hebrews 12:11

IV. Poverty of spirit

Spiritual poverty: Awareness that we're broken

There's a payoff to being poor in spirit

Two sources to being aware of spiritual poverty

- Natural hunger
- Hard times

Obstacles

- Denial
- Minimization: making a problem less than it really is
- Global thinking: failing to get specific

Blessed are the poor in spirit, for theirs is the kingdom of heaven.
—Matthew 5:3

Next week on *Solutions*:
**“How People Grow, 5: Obedience, Sin, Temptation,
 Truth, Activity, and Time”**

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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