

Building a Healthy Life Structure – Lesson

Lesson goal: Becoming aware of your needs and structuring your life in a way that you are growing and ensuring your needs are being met is essential for maturity.

2 PETER 1:5-8 (NIV)

⁵For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷and to godliness, brotherly kindness; and to brotherly kindness, love. ⁸For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

Daily routine

1. Set a solid daily devotional time of Bible study
2. Commit to God to spend a certain amount of time with Him in prayer
3. Make a list of 30 reasons why going back is not worth it and review every morning
4. Become aware of what makes you spiritually weak, and what energizes you and motivates you to be productive.
—Do those things that energize you.
5. Determine areas you want to grow in and set aside time daily to devote to growth.

Take care of yourself:

Spiritually – Prayer and intimacy with God. Study scripture, alone and with others.

Emotionally – Set time aside to be with others. Poetry, music, arts, relationships.

Intellectually – Read good books. Ask deep questions and search for answers.

Physically – Get enough sleep, eat right, exercise, activities.

Set goals for your personal growth and write up a daily or weekly routine to help bring about growth.

Example of a good goal: *Building relationships with godly people.*

JOHN 17:20-21 (NIV)

²⁰“My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹**that all of them may be one**, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.”

Our goal should not just be to spend more time with God, but to find opportunities to spend time with other Christians so we can come to a place of health. We were designed as a body, to be healthy when connected with the rest of the body. We were made to be interdependent on each other.

Path of Building a Life Structure:

First, you have to know what areas you want/need to grow in.

Second, find out what you can do to grow in those areas.

Third, determine that you are willing to do those things to grow.

Last, set into action a consistent lifestyle pattern to accomplish that growth.