

# The Areas of Stability - Lesson

Lesson summary: One of the benefits of maintaining sobriety and obedience to God over an extended period is growing in Him and growing in stability. This should also be a goal of our lives.

**LUKE 6:48 (NIV)**

He is like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.

God's desire for us is to be unshakable.

The four areas of stability are **Biblical, spiritual, relational, and emotional**

## 1. Biblical Stability

- a) What are some examples of Biblical instability?
- b) Becoming stable Biblically
  - 1) Knowing what the Bible says
  - 2) Interpreting the Bible correctly
  - 3) Believing the Bible is the authority for life and conduct.
  - 4) Believing the Bible is completely accurate in describing the human condition.

## 2. Spiritual Stability

- a) Spiritual instability is wavering on if you believe in God or want to serve Him.  
James 1:5-8, Luke 9:61-62
- b) Your relationship with God needs to remain the top priority in your life, regardless of your circumstances
  - 1) Maintaining your daily time for prayer and Bible study
  - 2) Keeping your motivation to serve God strong through commitment and faith.
    - The more we obey God, the more we fall in love with Him.
  - 3) Keeping your trust in God through disappointing circumstances.

## 3. Relational Stability

- a) Relationally unstable people have problems making and keeping healthy relationships.
- b) Become a person with relational stability
  - 1) Being able to connect on a personal level with people.
  - 2) Caring enough about others to watch out for their interests.
  - 3) Being able to live without creating conflict.
  - 4) Being able to keep appointments and promises.

## 4. Emotional Stability

- a) Emotionally unstable people have difficulty keeping their emotions in balance. Emotional rollercoasters, they make decisions based on how they feel, which are often wrong.
- b) What are the characteristics of a person with emotional stability?
  - 1) Being able to weather storms that come
    - The Bible promises tough times and hardships for us.
    - We are also promised that God will bring us through
    - Being able to get through with a strong attitude of faith
  - 2) Make decisions based on truth, not feelings.
    - Make a habit of rehearsing Biblical truth to yourself.

What are some areas in your life that you have seen growth in stability?

What are some areas in your life that you would like more stability?