

Growth Through Failure – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

One of the big first steps to growth is recognizing that there are others who have dealt with the same issues you are struggling with and have overcome them. Meetings help introduce us to people like that. Write out a list of people you know who have struggled with the same issues you have struggled and yet have found victory. What are some character attributes in each of their lives that stick out in your mind as qualities you want in your own life? Some examples are generosity, how they treat others, humility, etc.

Day 2

The higher your standards are, the greater your opportunity to grow. Resist the self-condemning mindset. Change your perspective on failure from being something that defines you or is permanent to something that is a temporary setback that shows us areas we still need to refine to become better. An example would be setting your standard to pray 30 minutes a day and seeing it as a failure if you don't achieve that. These standards are based more on who you want to become than on what you think is right or wrong. Having someone else hold you accountable in these areas helps raise their importance in your mind. Write out some standards that you would like to start holding yourself to.

Day 3

Memorize

EPHESIANS 4:15 (NIV)

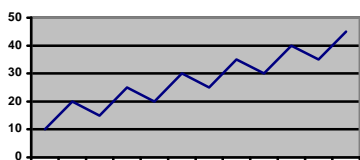
Instead, speaking the truth in love, we will in all things **grow** up into him who is the Head, that is, Christ.

Day 4

Evaluating a past failure is very important because when we begin to understand what led up to sin, we begin to see significance in things we were previously unaware of. Some questions to ask yourself are: Did you see the failure coming? Why or why not? Did you recognize a point where God provided a way out? What were the steps that led up to it? What could you have done differently that would have cut it off before the temptation came? What were the desires you had? What was your attitude about those desires? What areas in your life were shown to be in need of strengthening? Did you call anyone?

Day 5

If you were to chart out your improvement, it usually isn't a perfect bell curve. It is more of a jagged line, like this:



Don't let this discourage you. It is normal to take a while to really get the hang of something. You just keep making up your mind to do it and having people hold you accountable and make the little changes you can, and growth will come. You must honestly be resolved to improve and be willing to

seek God and others and act on counsel given by those who have gained victory.

What are some small actions that you can take to give you an edge and help you grow in this in the future? Who is someone you can ask regarding this? Not every godly person knows how to answer these questions. That is okay, be patient and ask other people.