

Week 5: Personal Growth - *What am I committed to?*

My Story

Born into a typical middle class family, I was the middle child, with an older brother and younger sister. Church attendance was rare but I do have a few memories of sitting in a circle at Sunday school and learning stories of the Bible. My parents divorced when I was 11 years old and it was the first recollection of real fear coming into my heart. At the age of 12 that fear was coupled with shame, guilt and depression as a family friend who lived with us began sexually abusing me. By the time I graduated from high school I was using alcohol and drugs on a daily basis in an attempt to cover up the pain. By the age of 25 I was in full fledged drug addiction.

At age 29 I met the Lord for the first time and gave Him my whole heart. It didn't take much to convince me that I needed a Savior; I went all in and have never looked back!

Giving our life to Christ is the first step to receive the incredible life He has for us. It doesn't just fall into place automatically; we have a part to play. Looking back, there were **3 things I committed to** that enabled God's love and power to flow in my life.

1. I committed my life to Him. I went all in with the Lord; I held nothing back from him. The first time I heard a message on Jeremiah 29:11 – *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future”* I gave my life to Him. It was obvious to me that I had made a huge mess of my life and I was so grateful that someone cared enough about me to have a plan for me. We cannot have one foot in the world and one foot in our relationship with Christ and have the life we truly want. We have to choose. Choose a relationship with Jesus over the world, you will not be disappointed.
2. I committed to my healing. I had a lot of pain, hurt, disappointment and anger, but then again, a lot of us do. If we want a healthy life and desire a healthy mate, we have to be healthy person. Unhealthy people do not attract healthy people. Jeremiah 17:14 says, *Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.* The Bible is not only referring to our physical body, but our mind and emotions as well. I spent a lot of time in counseling and it was good. But I truly believe I received most of my healing sitting at the feet of Jesus and asking him to heal me.
3. I committed to growing in Christ. I was not satisfied staying the same every month and every year. I wanted to look back each year and know I was closer to the Lord. For me, that meant increasing the time I spent with Him each morning, increasing my giving every year, continually increasing the number of people I served. In Exodus 3:5 when Moses approached the burning bush, The Lord God said, *Do not come any closer, take off your sandals, for the place where you are standing is holy ground.* I wanted my life to be holy ground so I increased the things in my life that mattered most. What would it be like if we were so close to the Lord that every decision we made we felt like we were in His presence? One song that I would sit and make my hearts cry is *My Heart Your Home* by Christy Nockels. Download it and sit before the Lord and invite Him to make your heart His home.

Body: What can I commit to, in reference to my body, that would bring health in that area?

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself. 1 Corinthians 6:19 NLT

How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Psalm 119:9-16

Therefore I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then, you will be able to test and approve what God's will is-his good, pleasing, and perfect will. Romans 12:1-2

Mind: What can I commit to, in reference to my mind, that would bring health in that area? *You will keep in perfect peace him whose mind is steadfast, because he trusts in You. Isaiah 26:3*

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. 2 Peter 1:3-4

Spirit: What can I commit to, in reference to my spirit, that would bring health in that area?

The Lord is righteous in all His ways, and loving toward all He has made. The Lord is near to all who call on him, to all who call on him in truth. Psalm 145:17-18

Questions to Ask Yourself

- How am I living foolishly?
- How am I living wisely?
- What things do I need to commit to?

Final Thoughts

Ladies, this is a great week to go deeper! The Holy Spirit will take you at the perfect pace. You never have to worry. But He doesn't want us to stay where we are. He wants to heal us, make us whole and use us to shine the love of Jesus everywhere we go! This week, in what area above does God want you to focus? Is it somewhere in your body, your mind or your spirit? The Holy Spirit is very practical and will help pinpoint any area that He wants you to grow in this season so you are the most effective, radiant daughter of the Most High! Psalm 139: 1-2