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Changes That Heal-5 Part Series-Part 1

## Outline

### Ingredients of Growth

Dr. Cloud presents Changes That Heal, one of the most in-depth examinations of the personal and spiritual growth process. Whether this is the first or the tenth time you have listened to Changes That Heal, you will find great value in this presentation; it addresses the developmental steps that affect every area of life. It is essential to understand the ingredients of growth and the four areas mentioned: bonding, separating, accepting good and bad, and adulthood. God designed people to grow in a specific way, but a number of circumstances can interfere in that process. Applying these biblical principles will help you finish your development and live life victoriously.

We need 3 specific ingredients to live fruitful lives and meet life's demands. Life requires that we perform in specific ways. Because we don't always get what we need, we can experience problems in one of three areas: clinical, relational, or functional. Dr. Cloud uses the Parable of the Fig Tree to illustrate these 3 vital ingredients, and how you can use them to become the person God wants you to be - and the person you want to be.

### Small group discussion questions:

- 1) In what area of life are you "under the law?" Where does this judgmental feeling come from?
  
- 2) Who is your advocate? If you don't have one, where can you get one?
  
- 3) Where can you go to get the ingredients of Grace, Truth and Time? What ingredients do you think you need more of?