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### **The Benefits of Personal Growth©**

As a therapist and a life coach I often here questions like this: Will all this work I'm doing to grow and change really pay off? Will it ever end? Will I ever be done?

I am here to encourage you that there are tremendous benefits to the work you are doing. This kind of work is sacred...it is a reflection of God's work. God is in the business of healing the devastating effects of sin. God created us whole...in one piece meant to intimately fellowship with Himself, others, and ourselves. The effect of our own sin, and the sin inflicted on us by others has caused us to struggle to be healthier in our relationships. We often do not know how to relate in healthy ways. We struggle to accept and forgive others. We struggle to invite God in to change us and help us on an hour-by-hour basis.

But remember, there is hope! God is with us and for us! By bringing God into your personal growth, we become more like Christ, and that is a good thing. As we become more like Christ in the way we view others and ourselves, and as we begin to treat others and ourselves the way Christ would, we become renewed and healthier. Recovery or personal growth is a process of healing and growth. God has always been in the business of bringing change, growth, and healing to willing people who are struggling with life's most difficult experiences.

When we do the work of personal growth and recovery, we do the sacred work of restoring what was lost, of healing

what was broken, of bringing acceptance where there was shame, of bringing forgiveness where there was condemnation, of being set free when in bondage.

When we do the work of personal growth, we are able to grow up on the inside. We are able to respond to situations like adults, rather than like children. For instance,

- We're able to respond rather than react
- We are more aware of our feelings. They will help us to express them in a more healthy way, rather than by either denying them or over-expressing them
- We're able to become more aware of some of the needs inside and take steps to meet them in healthier ways
- We're able to be more mature and healthy in our relationships...so we can be a more godly friend, spouse, co-worker, and parent

Take heart! Keep Persevering! Don't give up! Seek out God as your heavenly therapist and coach. The steps we take into personal growth can be both exciting and terrifying. When we realize the depths at which our dysfunctional past and hidden feelings have dictated aspects of our lives we can easily feel overwhelmed. Rest assured, recovery is possible! It is not something we can do overnight. Nor is it a goal we can achieve in a predetermined amount of time. Rather, recovery is a lifetime process. Sometimes you may see growth immediately, and sometimes it will take longer to see. Fortunately, recovery is not something we have to do instantly, perfectly, or completely before we realize any benefit. Every step we take toward recovery is a step we take away from shame, codependency, compulsiveness, addiction, and relationship problems.

**Personal Growth means reaching out to God for help and hope:**

*Then they cried to the Lord in their trouble,  
And he saved them from their distress.  
He brought them out of darkness and the deepest gloom And  
broke away their chains.  
Let them give thanks to the Lord for His unfailing love  
And His wonderful deeds for men,  
Foe He breaks down gates of bronze  
And cuts through bars of iron. ~ Psalm 107:13-16*

### **Personal Growth is God's light coming into darkness:**

*The people walking in darkness  
Have seen a great light;  
On those living in the land of the shadow of death  
A light has dawned. ~ Isaiah 9:2*

### **Personal Growth is receiving God's grace and mercy deep inside:**

*Let us then approach the throne of grace with confidence, so that  
We may receive mercy and find grace to help us in our time of  
need. ~ Hebrews 4:16*

**Recovery means passing health and happiness to the  
generations after you, rather than passing on dysfunction and  
pain. Take Heart! Keep Persevering! Don't Give Up! God is With  
You!**

#### **ABOUT THE AUTHOR**

© Kim Fredrickson, M.S., Marriage and Family Therapist (CA MFC 22635) and Life, Parent, and Relationship Coach is the author of many popular CD's and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationships Tips like these, visit [www.EncouragingRelationships.com](http://www.EncouragingRelationships.com) as well as listen to a sample of her weekly Podcast, Encouragement for Your Soul at [www.KimsPodcast.com](http://www.KimsPodcast.com)

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