

Father's Day
"Growth Challenge"

June 18, 2017
Pastor Dale Satrum



1. Grow in _____ Understanding

*1 Peter 3:7 "In the same way, you husbands must give honor to your wives. **Treat your wife with understanding** as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered." (NLT)*

Prov. 16:22 "Understanding is a fountain of life to one who has it..." (NASB)

- Reject the lie that men are _____
- Pursue relational _____
 - Pray for relational _____
 - Humble yourself and _____
 - Move towards relationships _____

2. Grow in Spiritual _____

Eph. 5:23 "For a husband is the head of his wife as Christ is the head of the church..." (NLT)

Eph. 6:4 "Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord." (NLT)

- _____
- Work with your _____
- _____

3. Grow in Internal _____

Josh. 1:9 "This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." (NLT)

1 Cor. 16:13 "Be on the alert, stand firm in the faith, act like men, be strong." (NASB)

- Strength over your _____
 - _____ of what is taking place emotionally

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- _____ to get out of fight and flight
- Talk with _____ about your emotions
- Choose a _____ rather than giving up control to your emotions
- Strength in your _____
 - Exposure to the _____ of character
 - Exposure to other _____ of character
 - Exposure to the _____ of character

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Discussion Questions:

1. Discuss if you think you have been more stagnant or growing. How do you know the difference? What are the signs that your life has stopped growing?
2. Discuss how we all can grow in our relational understanding outside what is normal or comfortable to us. Why is this so important for men and women to understand how each gender functions relationally?
3. How can husbands and father's grow in their spiritual leadership? What can wives do to help their husbands in this role?
4. Why is it so essential for us to have strength over our emotions? Discuss how our "fight and flight" responses can hurt relationships. Remember what happens to higher brain functions during fight and flight? How do we get out of fight and flight responses?
5. Discuss how we grow in strength of character. Share some of the challenges we all have with choices we face every day.

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