

152 STAIRS TOWARD CONTENTMENT

CHAPTER 3 | TEACHING SEGMENT 4

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

**AS WE PRESS THROUGH LIFE'S CHALLENGES,
WE DRAW STRENGTH FROM OUR PAST VICTORIES.**

PREMISE:

- **ACKNOWLEDGING** your accomplishments brings strength for life's challenges
- God **REDEEMS** painful memories and gives them new **PURPOSE**

1. ASSIMILATING OUR SUCCESSES

A. Acknowledge your achievements

- Psychologist Albert Bandura explains, "Most people pass through their accomplishments too quickly and too lightly to have them make any change in their image of reality."
- We're prone to dwell more on mistakes than success. To assimilate your achievements, give respect where it is due, and acknowledge even the small successes in your life.
- Give God the glory, but don't dismiss yourself from the picture. When we dismiss ourselves, false humility and pride can take root.
- Acknowledging success creates a new pathway in how you're thinking about yourself and your present moment and future.

- *Take time to record your achievements, along with the accompanying emotion. If no feeling is attached, the success only becomes a part of knowledge; it needs to be assimilated correctly with the proper emotion.*

2. THE REDEMPTION PROCESS OF OUR MEMORIES

A. Healing our memories

- In Philippians 3:14, Paul writes from prison in the midst of suffering; his words remind us to persevere and keep our eyes on the goal of following Jesus.
- Whatever suffering we are experiencing now, we can press forward without suppressing the past, without detaching our emotions, remembering that Christ is the one who paints His beautiful picture in our lives.
- Ceitci's story of the losses in her life illustrates how God can redeem our own painful memories and use them to bring new purpose to us and great blessing to others.
- Reminder: A painful memory must have a purpose attached to it in order to live in the present.
- We begin with saying to God, take my pain and use it for good in someone else's life. Remember that you are on a journey where each day can bring new revelation.
- Your memories are being healed because of the redemptive work of Christ!
- Each morning as you pray and meditate, shift your focus onto God who is greater than any problem and who will complete His good work in you.
- Naomi and Ruth traveled through the desert to get to their land of promise. Ruth was a woman disregarded, but God brought Boaz into her life and she became part of the lineage of Christ.
- God has a bright future for you as well!

TAKE TIME TO THINK AND DISCOVER:

Some additional thoughts as you complete the experiential imagery exercise and the personal reflection questions:

- The words you choose for the stairs can be simple (e.g., name of a person or place).
- You can work forward or back chronologically on the stair exercise, whatever feels most natural.
- For the question “What strengths have you developed...” be sure to list the emotions as well as the strengths.
- In the final question, write down the current challenging situation you are facing, but also surround it with words of victory and the strengths you have already experienced from overcoming previous challenges. This will help you move forward through your difficulty, knowing God hasn’t left you and you’re still on the right track.

*** PLEASE CONTINUE TO CHAPTER 4 – TEACHING SEGMENT 1**