

# Living Abundantly: A Growth Mindset

Apostolic Christian Counseling & Family Services  
877-370-9888 www.accounseling.org info@accounseling.org

## John 10:10

*"I am come that they might have life, and that they might have it more abundantly."*

The abundant life is a  
life of resurrection.

## Two Categories of Care

**Crisis Care:** Attend to the matter of crisis.

- The problem/struggle is the central subject.

**Living Care:** Attend to the matters of living well.

- Living well and moving forward is the central subject.

**Living Care:**  
attend to the  
matters of  
living well.



## Help people make living with God more real & beautiful.

- Do they love getting into God's Word?
- Do they experience the presence of God throughout the day?
- Are they able to come to a place of joy in Christ at any given moment?
- Do they feel God's smile & pleasure?
- Can they sit with God in silence?
- Can they have frank & honest conversations with God?

## Help people grow in their understanding of themselves.

- Do they know how to use their body to influence their thoughts?
- Do they know how to come to a place of rest?
- Are they aware of the relationship between their thoughts, feelings and behavior?
- How well do they understand why they think the way they do?
- Do they know their triggers and why they are triggered?
- Do they know their strengths and opportunities to use them?

ACCBIS

## Help people build healthy rhythms into their life.

- Do they know how to slow down, rest & reflect?
- Do they keep good personal habits such as making their bed or cleaning their room?
- Have they found the benefit of bodily exercise?
- Have they learned how to develop a new love by lingering with a thing? (music, hobby, skill)
- Can they identify healthy habits they would like to establish?
- Can they develop a specific and realistic plan for starting healthy habits?

ACCBIS

## Help people avoid isolation and live in relationship.

- Do they have a community that they can reach out to before, during or after struggle?
- Do they feel valued in their community or are they seen only for their struggles?
- Do they feel like they contribute to their community?
- Do they know how to be a friend?
- Can they identify individuals they should grow closer to?

ACCBIS

## Resource: Living Well Survey



ACCBIS

**Living Well**

**Living Well**

Directions: Mark the top two items to each of the six categories below to which you would like to grow.

1. Living with God is a real and beautiful way.
  - ☐ Living with God is real.
  - ☐ Experiencing the presence of God throughout the day.
  - ☐ Finding a place of peace in Christ is my greatest reward.
  - ☐ Living God's word and plan.
  - ☐ Living with God is a choice.
  - ☐ Living with God is a journey.
  - ☐ Living with God is a challenge.
  - ☐ Living with God is a privilege.
  - ☐ Living with God is a responsibility.
2. Growing in my understanding of myself.
  - ☐ Living with God is a journey.
  - ☐ Living with God is a choice.
  - ☐ Living with God is a challenge.
  - ☐ Living with God is a privilege.
  - ☐ Living with God is a responsibility.
  - ☐ Living with God is a journey.
  - ☐ Living with God is a choice.
  - ☐ Living with God is a challenge.
  - ☐ Living with God is a privilege.
  - ☐ Living with God is a responsibility.
3. Building healthy rhythms into my life.
  - ☐ Living with God is a journey.
  - ☐ Living with God is a choice.
  - ☐ Living with God is a challenge.
  - ☐ Living with God is a privilege.
  - ☐ Living with God is a responsibility.
  - ☐ Living with God is a journey.
  - ☐ Living with God is a choice.
  - ☐ Living with God is a challenge.
  - ☐ Living with God is a privilege.
  - ☐ Living with God is a responsibility.