

THE DEVELOPMENT PROJECT

# DISCIPLE GUIDE

MODULE 1 - SESSION 4

## Disciple Guide Module 1, Session 4

**Core Focus: Recognizing childish ways as a means of meeting our own needs.**

### Video Questions and Statements

1. Arrested development is a \_\_\_\_\_ of development in some sphere that has occurred with the retention of \_\_\_\_\_ characteristics.
  
2. Write out the definition for arrested development.
  
3. Define plateau.
  
4. Where did I plateau?
  - a. Have I ever felt like parts of my life have stopped growing, even though I've aged or progressed externally?
  
  - b. What areas of my life feel stuck in time?
  
  - c. Can I identify an age or season when that part of me stopped growing?

5. Have I ever experienced “claustrophobic relational pressure”? How do I tend to react? (e.g. escape, control, freeze, hide behind roles?)

6. Do I feel stuck in a role I assigned to myself or feel others assigned to me? Be specific.

a. Are there previous roles I still play in my family or social life (e.g. always the helper, the strong one, the joker)?

b. How do these patterns affect my development?

7. What are the roles I've clung to and the pressures I've yielded to in order to justify staying stuck? Ask God to reveal any areas that have plateaued. Be honest.

8. What is the core “aha” moment I have had so far?

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**Freedom begins by admitting where we've stopped growing—and letting God meet us there.**