



Part 6 – Making Changes

May 12, 2019

Choices for healthy, productive, godly growth

1. Admitting need
2. Getting help
3. Letting go
4. Coming clean
5. Making changes
6. Repairing _____
7. Maintaining _____
8. _____ pain

Romans 12:2 (NLT) – *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Paraphrase – *Don't perpetuate the behavior and customs of your family or the way you've learned to get along in this life. Instead, let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good, pleasing, and perfect.*

Where do our defects come from?

- Some come from our _____.
- Some come from our _____.
- Some come from our _____.

Why is change so hard?

- Most of us have had our hang-ups and habits for _____.
- We identify ourselves by our _____.
- Our defects have a _____.
- _____ discourages our efforts to change.

How can we cooperate with God?

- Start _____.
- Take _____ at a time.
- Let God _____ you.
- Remember, you are what you _____.
- Don't wait until you _____.
- Mind the _____ you keep.
- Rest in God's _____.

Next Steps

Pray about it.

- Ask God to help you choose where to start in the process of making changes.

Write about it. (Get a journal if you don't already have one.) This week, write about...

- Make 5 cards with Scripture one side and a practical application on the other. (Example: Side one – “There is no condemnation for those who belong to Christ Jesus.” - Romans 8:1, NLT; Side two – “God does not condemn me for _____. He loves me just as much on my bad days as he does on my good days.”)
- Other verse suggestions – 2 Corinthians 5:17; Psalm 9:10; Proverbs 3:5-6; Proverbs 16:3; Matthew 11:28; Philippians 4:6-7; Hebrews 11:6)
- Read these cards each night before bed and in the morning when you get out of bed.
- Write in your journal about how this exercise changes the way you think about God, yourself, and others.
- Write about the defect God has led you to focus on.

Share about it.

- Tell a trusted friend about the one defect.
- Share about the progress God is making in your life.