

**MAKING CHANGES**  
**Getting Healthy Again**  
**Part 5 of 8**

Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my \_\_\_\_\_.

*“Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him . . . and let God transform you inwardly by a complete change of your mind.”* Romans 12:1-2 (GN)

**I. Where do my character defects come from?**

- My \_\_\_\_\_.  
Genetics explain predisposition, but they don't excuse sin.
  
- My \_\_\_\_\_.  
Character defects are often attempts to fill unmet needs.
  
- My \_\_\_\_\_.  
Character defects are often positive qualities being misused.

**II. Why is it so hard to change them?**

1. Because I've had them \_\_\_\_\_.
2. Because I \_\_\_\_\_ with them.
3. Because they have a \_\_\_\_\_.
4. Because \_\_\_\_\_ discourages me.

## MAKING CHANGES

### Getting Healthy Again - Part 5 of 8

#### III. How do I cooperate with God's change process?

*"...Be transformed by the renewing of your mind."* Romans 12:2

1. Focus on changing \_\_\_\_\_ at a time.

*"An intelligent person aims at wise action, but a fool starts off in many directions."*  
Proverbs 17:24

2. Focus on victory \_\_\_\_\_ at a time.

*"Give us this day our daily bread."* Matthew 6:11

*"Don't worry about tomorrow, each day has enough troubles of its own."*  
Matthew 6:34

3. Focus on \_\_\_\_\_, not willpower.

*"Can a leopard take away his spots? Nor can you who are used to doing evil now start being good."* Jeremiah 12:23 (LB)

But . . .

*"I can master anything with the help of Christ who gives me strength."*  
Philippians 4:13 (JB)

4. Focus on what I \_\_\_\_\_, not on what I \_\_\_\_\_.

*"Fix your thought on what is true and good and right. Think about things that are pure. . . . Think about all you can praise God for and be glad about . . ."* Philippians 4:8 (LB)

5. Focus on \_\_\_\_\_ good, not \_\_\_\_\_ good.

*"If you are guided by the Spirit you will be in no danger of yielding to self-indulgence."*  
Galatians 5:16 (JB)

6. Focus on \_\_\_\_\_ who help me, not hinder me.

*"As iron sharpens iron, so people can improve each other."* Proverbs 27:1 (NCV)

7. Focus on \_\_\_\_\_, not on \_\_\_\_\_.

*"God who began the good work within you will keep right on helping you grow in his grace until his task with you is finally finished...."* Philippians 1:6 (LB)