

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.

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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)