

# Recovering From Life's Hang-ups "Making Changes"

by

Todd Nivens, M.A.R.E.

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## Introduction

I must voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

"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 mind" (Romans 12:1-2)

1. Where do our character defects come from?
  - a. The biological source: our chromosomes.
  - b. The sociological source: circumstances.
  - c. The theological source: my choices.
2. Why is it so hard to change the defects in my life?
  - a. Because we've had them so long.
  - b. Because I identify with them.
  - c. Because they have a pay-off.
  - d. Because Satan discourages me.
3. How do I cooperate with God's change process in my life?

"Be transformed by the renewing of your mind."

  - a. By focusing on changing one defect at a time. "An intelligent person aims at wise action but a fool starts off in many directions." (Proverbs 17:24)
  - b. By focusing on victory one day at a time. "Give us this day our daily bread." (Matthew 6:1)
  - c. By focusing on God's power, not my willpower. "Can a leopard take away his spots? Nor can you who are used to doing evil start doing good." (Jeremiah 12:23, LB) "I can master anything with the help of Christ who gives me strength." (Philippians 4:3, NCV)

- d. By focusing on what I want, not what I don't want. "Fix your thoughts on what is fair, and good, and right. Think about all you can praise God for and be glad about." (Philippians 4:8, GN)
- e. By focusing on doing good, not on feeling good. Instead of resisting, the Bible teaches refocusing. "If you're guided by the Spirit, you will be in no danger of yielding to self-indulgence." (Galatians 5:16, GN)
- f. By focusing on people who help us, not hinder us. "As iron sharpens iron, so people can improve each other." (Proverbs 27:1, NCV)
- g. By focusing on progress, not on perfection. "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, GN)

## Conclusion