

NORTH HILLS NOTES

GETTING HEALTHY AGAIN: MAKING CHANGES

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"Happy are those whose greatest desire is to do what God requires..."
Matthew 5:6 (TEV)

Step 5: Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects

SEVEN WAYS TO COOPERATE WITH GOD'S CHANGE PROCESS –

"...let God transform you inwardly by a complete change of your mind."
Romans 12:2 (TEV)

1. Focus 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 (TEV)

2. Focus on victory **ONE DAY** at a time.
"Give us this day our daily bread."
Matthew 6:11 (KJV)

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

3. Focus on God's **POWER**, not my **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)

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

4. Focus on the **GOOD**, not on the **BAD**.
"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 **DOING** good, not **FEELING** 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 **PEOPLE** who help me, not hinder me.
"As iron sharpens iron, so people can improve each other."
Proverbs 27:1 (NCV)

7. Focus 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 (LB)

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