

SIX STEPS TO CHANGE

What area of life do you want to change? Maybe it's your spending habits or that pessimistic view of people? Do you wake up on the wrong side of the bed every day? Could it be those pack rat habits that some might have labeled "hoarding?" It might simply be that disagreeable nature that keeps you isolated from those you love. Change comes in all sizes - from the big things like finances, marriage, occupation, or relationships to smaller more trivial ones. Regardless of the size and scope, these six steps are your key to change.

1. Change your mind.

2 Corinthians 4:1-2

All change begins with honesty. Any support group will tell you that "denial" is their number one issue! Thoughts hold us captive to wrong patterns of living and habits that weaken us. The people of Israel could not see their hardness of heart because of a veil covering their minds. It is a blessing, however, to see what is wrong in your character, your family, or your relationships so that God can begin to move you from "glory to glory."

2. Change your actions.

John 5:5-6; Matthew 3:8; James 2:20

This involves your will and obedience. If change is ever to take place your will has to soften. Your will is the trigger of faith. As John the Baptist said, "...bring forth fruits worthy of repentance (Matthew 3:8). A change in the way you think will result in changed conduct and actions.

3. Change your attitude.

Isaiah 1:18-20

Do you know that you can obey and still have a stinking attitude? Your actions may change, but your attitudes may still indicate a longing for the past. Like the young son who was being corrected by his father, you may be sitting down on the outside but standing up on the inside.

4. Change your feelings.

Many times, as you are in the process of transformation, your feelings get hurt because of disappointments, failures, or maybe even abusive words from others. You need to ask God to give you His perspective toward those who have hurt you. Lord, don't let me hate someone You love.

5. Change your words.

James 3:2-6; Genesis 32:22-32; 1 John 1:9

Does it really matter what I say about a situation? Confession means "to say the same thing as another." Your life will never change until your confession changes. You must begin to speak into your situations the way God speaks about them. Your confession must change from "I can't ever change" to "I can do all things through Christ who strengthens me." You must seek to be like Caleb and Joshua, the two spies who spoke the same thing God spoke about the Promised Land and thus successfully made the change.

6. Change your thoughts.

Romans 12:1-2; Proverbs 23:7

When your confession changes concerning your situation, your mind begins to be renewed to the perfect will of God (Romans 12:2). Now you will begin to consistently speak and think about your situation the same way that God does. This is not natural for you, because "God's thoughts are not your thoughts, and His ways are not your ways." (Isaiah 55:8)