

## ***How to Change: A God-Infused Process for Transformation***

Intentionally implement the entire process in an ongoing conversation with God. Your standard of comparison is only God's leading, not other Christians or even your own picture of success and change. Expect to get "stuck" and to need assistance. Change is a life-long process, with periodic rests as God directs, and then reengagement. Rest as passionately as you pursue God. All growth/change is designed to get you closer to Him. Seek God and change happens.

- 1. LOOK TO GOD – Question, "Who determines the change that's needed?"**
  - Rely on your relationship with God and His dependability to reveal areas needing growth.
  - Ask for **Spirit led illumination**
- 2. GET A VISION – Question, "What does He want me to change?"**
  - Get as clear a picture as you can of a preferable future; where is He working on you?
  - Requires **Spirit led dissatisfaction**
- 3. SET REALISTIC EXPECTATIONS – Question, "How will I know if I'm changing?"**
  - Don't attempt too much too fast or too little too slow; don't let your pride or fear set goals.
  - Include **Spirit led measurements**
- 4. PLAN A COURSE OF ACTION – Question, "How will I actually make the change?"**
  - List specific steps and logistics and how they'll affect you and those around you.
  - Develop a **Spirit led strategy**
- 5. CALCULATE THE COST – Question, "What will I have to give up to make this change?"**
  - Where should I narrow interests, adjust priorities, or change how I expend resources?
  - Commit to **Spirit led elimination**
- 6. SECURE DEPENDABLE COUNSEL – Question, "Who'll guide me through the change?"**
  - Enlist someone godly and mature to monitor progress, help when stuck, and encourage.
  - Open up to **Spirit led accountability**
- 7. FOLLOW THROUGH – Question, "What should I do today to make the change?"**
  - Execute daily to dos, regularly and honestly review the plan, recalibrate expectations.
  - Depend on **Spirit led strength**
- 8. DEAL WITH DEFEAT – Question, "Do I really want to change?"**
  - Expect difficulty, endure, fight, don't accept less than full victory, get help till you prevail.
  - Pursue **Spirit led deliverance**
- 9. CELEBRATE VICTORIES – Question, "What reward will encourage me to change?"**
  - Give God credit and reward yourself regularly based on your measurements.
  - Accept **Spirit led approval**
- 10. LOOK TO GOD – Question, "Who determines the change that's needed?"**
  - Rely on your relationship with God and His dependability to reveal areas needing growth.
  - Pray for **Spirit led illumination**

*Most people don't plan to grow/change, they avoid it or leave it to chance. What about you?*