

# The Process of Change

A Transformed Mind Leads to a Transformed Life

# The Root Issue

⦿ What needs changing?

⦿ Jeremiah 17:9

⦿ What is man's greatest problem?

⦿ John 3:5

# Counterfeit Roots

- ⊙ Circumstance
- ⊙ Family History
- ⊙ The Actions of Others
- ⊙ Temptation

# The Command for Change

- 🎬 The Command: Ephesians 4:1-3
- 🎬 The Goal of Our Salvation: Romans 8:29
- 🎬 The Fruit of the Spirit: Galatians 5:22-25
- 🎬 His Word: John 17:17

# The Provision for Change

🎬 The Fruit of the Spirit: Galatians  
5:22-25

🎬 His Word: John 17:17

🎬 2 Timothy 3:16-17

# 4 Things God's Word Does

- ⊗ Teaches
- ⊗ Convicts of Sin
- ⊗ Disciplines or Corrects Us
- ⊗ Trains Us in the Way of Righteousness

# How Does This Process Work?

- ⊗ Repentance: Put Off, Renew Your Mind, Put On
- ⊗ Ephesians 4:20-25
- ⊗ Lay aside the old self
- ⊗ Renew your mind with truth
- ⊗ Put on righteousness

# But Change is Hard

- ⊙ The source of difficulty: Habits
- ⊙ Sinful habits must be replaced with sanctifying habits.



# Scriptural Examples

In each of these examples, what is the “sin” we are to put off, and what is the “righteous pattern” we are to put on?

🎬 Ephesians 4:25

🎬 Ephesians 4:26-27

🎬 Ephesians 4:28

🎬 Ephesians 4:29

🎬 Ephesians 4:31-32

# Jay Adam's Steps for "Putting Off and Putting On"

1. **Becoming aware of the practice (habit) that must be put off**
2. **Discovering the Biblical alternative (rehabilitation)**
3. **Structuring the whole situation for change**
4. **Breaking links in the chain of sin**
5. **Getting help from others**
6. **Stressing the whole relationship to Christ**
7. **Practicing the new pattern**

# Give Assignments

## 🎬 The benefits of assignments

- 🎬 They need to digest and apply what you have told them
- 🎬 They need something tangible to do to begin putting off/on
- 🎬 It tells you how serious they are about change

## 🎬 Seek to reinforce privileges of Bible study and prayer

## 🎬 Other assignment examples

- 🎬 Partners, books to read, reconciling with someone they have offended, etc...