

How Do You Change for Good?

Based on notes from Pastor Rick Warren (All Behavior is Based on a Belief)

See the key points to ponder on in the verses below:

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” Philippians 4:8-9 NIV

What major area of your life would you like to change? (Examples: your anger issues, cussing, smoking, or maybe a poor attitude.) _____

- 1) **All behavior is based on a belief.** (It is impossible to change unless you change the way you think about something, (your idea of what is right or wrong).
- 2) **Behind every sin is a lie that you believe.** (When you sin,... at that moment you may think that it is the best thing to do,... but you've been deceived.)
- 3) **Change always starts in the mind.** *“Be transformed by the renewing of your mind.”* Rom. 12:2 (NIV)
- 4) **To Change we must change our thought life first.** (Changing your belief system, your idea of something). *“You will know the truth and it will set you free.”* John 8:32 (NIV)
- 5) **Trying to change your behavior without changing what you believe is a waste of time.**
- 6) **The biblical term for “changing your mind” is repentance,** (to turn and go in the opposite direction, or to cleanse your mind).
- 7) **You can't really change your mind on your own, the applied word of God in your life does it!** (Examples: Prayer, memorizing bible verses, church services, Bible studies, men's groups.) *“This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words.”* 1 Cor. 2:13 (NIV)
- 8) **Changing the way you think is the fruit of repentance, it's the result from repenting from a past action. (Change the direction in your mind and actions.)** *“...And I preached that they should repent and turn to God and demonstrate their repentance by their deeds.”* Acts 26:20 (NIV)

Behavioral change is the fruit, the evidence, an action and the result of repentance.

“All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶Only let us live up to what we have already attained.” Phil. 3:15-16 (NIV)