

Whom do you tell?

“How do you eat an elephant?” You do it one bite at a time. But you have to take the first bite. Don’t let discouragement overwhelm you. Focus on changing one thing at a time. After awhile, you’ll be amazed at the things you can accomplish with the Lord’s help.

Take Three Actions This Week

1. **Pray About It** - Ask God to help you focus on one character defect in your life in order to choose a place for you to start. Be genuine and humble as you pray, submitting to the changes he wants to make.
2. **Write About It** - You’ll need several 3 x 5 index cards. On one side of the card write a positive Scripture verse. On the other side write a practical application of the verse in the form of a personal affirmation. Verses you might use: 2 Co. 5:17; Psalm 9:10; Proverbs 3:5-6, 16:3; Matthew 11:28; Philippians 4:6-7; Hebrews 11:6. Write out a stack and every night before you go to bed, read the verses, and the affirmations, and think about them.
3. **Share About It** - Share the defect God showed you as you prayed with your safe person..

FIRST CHRISTIAN
CHURCH



AT
BROCK HALL



SMALL GROUP STUDY THE TRANSFORMATION CHOICE

The Beatitudes - Part 5

Freedom from your hurts, hang-ups, and habits.

Open

Have everyone stand with arms stretched wide, shoulder high. See who can hold this position the longest. ASK: How is this exercise like trying to make changes by sheer willpower?

Ch-Ch-Change

Read Romans 12:1-2

How are we transformed?

Why does change begin with how we think?

Beatitude

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” Matthew 5:6

Who is blessed?

What is the result?

Transformation Choice

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

Cooperating With God

1. Focus on changing one defect at a time.

Read Proverbs 17:24. Why is focusing on one problem at a time more effective than trying to tackle them all at once?

2. Focus on victory one day at a time.

Read Matthew 6:11. Why does Jesus tell us to ask for enough bread for one day at a time and not for a week, month, or even the rest of our lives?

3. Focus on God’s power, not your willpower.

Read Jeremiah 13:23. Why is willpower not enough to bring lasting change?

4. Focus on the good things, not the bad.

Read Philippians 4:8. Whatever has your attention has you. Why does our focus determine our future?

5. Focus on doing good, not feeling good.

Read Galatians 5:16. Why is it important to act before we feel like it? What power do we have according to this verse?

6. Focus on people who help, not hinder you.

Read Ecclesiastes 4:9-10,12. Why is it important to hang around people who will help you make positive changes?

7. Focus on progress, not perfection.

Read Philippians 1:6. Do you think God is more concerned about your progress or your perfection? Why? Why does change usually involve a process (sometimes lifelong) and not an instantaneous event?