

# THE TRUTH ABOUT CHANGE

ANCHORED: PART 5

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**MYTH: “I should be able to change overnight.”**

## THE PROCESS GOD USES TO CHANGE US

### PHASE 1: CONCERN

*“My heart is troubled and restless.” (Job 30:27a, NLT)*

HOW YOU FEEL: RESTLESS

### PHASE 2: CRISIS

*“For God sometimes uses sorrow in our lives to help us turn away from sin and seek eternal life.” (2 Corinthians 7:10a, The Living Bible)*

HOW YOU FEEL: PAIN / PANICKED

### PHASE 3: CHOICE

*“We can choose the sounds we want to listen to; we can choose the taste we want in food, and we should choose to follow what is right...” (Job 34:3–4, The Living Bible)*

HOW YOU FEEL: SCARED

### PHASE 4: COMPREHENSION

*“...let God transform you into a new person by changing the way you think...” (Romans 12:2, NLT)*

HOW YOU FEEL: CAUTIOUSLY HOPEFUL

### PHASE 5: CONDUCT

*“...faith by itself, if it is not accompanied by action, is dead.” (James 2:17, NIV84)*

HOW YOU FEEL: FRUSTRATED

### PHASE 6: COMMITMENT

*“Now your attitudes and thoughts must all be constantly changing for the better.” (Ephesians 4:23, The Living Bible)*

HOW YOU FEEL: DISCOURAGEMENT

**HOW TO COOPERATE WITH GOD'S PROCESS**

**PHASE 1: BE ALERT TO GOD'S VOICE.**

*"God speaks again and again, though people do not recognize it. He speaks in dreams, in visions of the night...He whispers in their ears and terrifies them with warnings...or God disciplines people with pain..." (Job 33:13–19, NLT)*

**PHASE 2: ACCEPT GOD'S COMFORT.**

*"He will encourage the fainthearted, those tempted to despair..." (Isaiah 42:3, The Living Bible)*

*"...for you have listened to my troubles and have seen the crisis in my soul." (Psalm 31:7, The Living Bible)*

*"When I had lost all hope, I turned my thoughts once more to the Lord." (Jonah 2:7a, The Living Bible)*

**PHASE 3: ASK GOD FOR COURAGE.**

*"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you." (Isaiah 43:2, NLT)*

**PHASE 4: APPLY GOD'S WORD.**

*"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right." (2 Timothy 3:16, NLT)*

*"But don't just listen to God's word. You must do what it says..." (James 1:22, NLT)*

**PHASE 5: ANTICIPATE GOD'S HELP.**

*"Commit everything you do to the LORD. Trust him, and he will help you." (Psalm 37:5, NLT)*

**PHASE 6: ADHERE TO GOD'S PLAN.**

*"And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up." (Galatians 6:9, The Living Bible)*

*"God, who began the good work within you, will continue his work until it is finally finished..." (Philippians 1:6, NLT)*

**ACTION**

**YOU NEED A GROUP TO GROW!**