

Life's Healing Choices

Making Changes – The Transformation Choice

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We are able to find healing in our lives when we embrace **healing** choices.

The Biblical blueprint for making healing choices is provided by Jesus in the **Beatitudes** (Matthew 5:3-10)

When we allow God to forgive us, He immediately begins to...

...work on our character **defects**.

...transform our **character** into the character of Christ.

Matthew 5:6 *They are blessed who hunger and thirst after justice, for they will be satisfied.*

5th Healing Choice – voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

If we truly want to change the way we **live**, we must first change the way we **think**.

Seven Ways to Change Our Focus

1. Focus on changing **one** defect at a time.

Proverbs 17:24 *The person with understanding is always looking for wisdom, but the mind of a fool wanders everywhere.*

2 Timothy 4:3-5 *For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear.*

4 They will turn their ears away from the truth and turn aside to myths.

5 But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry.

2. Focus on **victory one day at a time**.

Matthew 6:34 *So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Isaiah 26:3 ³ *You will keep in perfect peace him whose mind is steadfast, because he trusts in you.*

3. Focus on **God's power, not my willpower**.

Jeremiah 13:23 *Can you ever change and do what's right? Can people change the color of their skin, or can a leopard remove its spots? If so, then maybe you can change and learn to do right.*

Philippians 4:13 *I can do all things through Christ, because he gives me strength.*

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

Philippians 4:8 ⁸ *Finally, brothers, 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.*

We're not talking about the power of **positive** thinking.

We're talking about the power of **affirming** the Word of God.

John 8:32 *You will know the truth, and the truth will set you free.*

5. Focus on **doing good, not feeling good**.

Thoughts about feelings...

...if we do the right thing, our feelings will eventually **catch** up with us.

...if we wait until we feel like **changing**, we'll never change.

...it's always easier to **act** our way into a feeling than to **feel** our way into an action.

6. Focus on people who **help** us, not **hinder** us.

1 Corinthians 15:33 *Don't fool yourselves. Bad friends will destroy you.*

Proverbs 27:17 *As iron sharpens iron, so a friend sharpens a friend.*

7. Focus on progress, not perfection.

Philippians 1:6 *God is the one who began this good work in you, and I am certain that he won't stop before it is complete on the day that Christ Jesus returns.*

Turning Point . . .

The Transformation Choice is possible when we realize...

...it's taken a **lifetime** to get where we are today. The transformation process will take time.

...God transforms our character by **changing** the way we think.

Romans 12:2 *Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

Our Challenge...

Believers – simply ask God, *“Father God, where in my transformation process have I gotten off track?”*

Seekers – Making the choice to allow God to transform your life may be difficult; however taking the first step is simple. All it takes is simply inviting Christ into your heart through a prayer like this:

Father God – I come before you today, asking you to save me. I invite your Son Jesus Christ into my heart, and ask Him to be my Lord and my Savior. Father, please forgive me of all sin in my life, and cleanse me from every unclean thing within me. I want to begin to make healing choices in my life, starting with admitting my need for You. And with your help, I want to be the person you created me to be. In Jesus' Name, Amen.