

Step 6: Gear Up

(How to change for good)
(SERIES: 12 Steps Up; 06 of 12)
by Dr. David Foster

"For those God foreknew he also PREDESTINED TO BE CONFORMED TO THE LIKENESS OF HIS SON, that he might be the firstborn among many brothers." (Rom 8:29)

I Am Ready for God

"If your hand causes you to sin, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. And if your foot causes you to sin, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell." (Mark 9:43-48)

To remove my old **hurts**.

To remove my old **hang-ups**.

To remove my old **hunger**.

To remove my old **habits**.

"Of them the proverbs are true: 'A dog returns to its vomit,' and, 'A sow that is washed goes back to her wallowing in the mud.'" (2 Pet 2:22)

I Am Ready to Let Go

And let God **feed** my **hunger**.

"Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, To the praise of the glory of his grace, wherein he hath made us **accepted** in the **beloved**. In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;" (Eph 1:5-7)

And let God **fuel** my **happiness**.

"But may the righteous be glad and rejoice before God; may they be **happy** and joyful. Sing to God, sing praise to his name, extol him who rides on the clouds -- his name is the LORD-- and rejoice before him. A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land." (Psa 68:3-6)

And let God **form** my **habits**.

"But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; and here there is no conflict with Jewish laws. Those who belong to Christ have nailed their natural evil desires to his cross and crucified them there. If we are living now by the Holy Spirit's power, let us follow the Holy Spirit's leading in every part of our lives. Then we won't need to look for honors and popularity, which lead to jealousy and hard feelings." (Gal 5:22-26)