

Let Go and Embrace

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Principle #1: Focus on the future, not the past.

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.

¹³No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴I press on to reach the end of the race and receive the heavenly prize for which God, through Jesus Christ, is calling us.

Philippians 3:12-14 (New Living Translation)

Principle #2: Change your thinking while replacing one behavior with another.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24 (New International Version)

Principle #3: Utilize God's strength as your power source for positive change.

That's why I work and struggle so hard, depending on Christ's mighty power that works within me. Colossians 1:29 (NLT)

And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God. 1 Samuel 30:6 (English Standard Version)

(See Colossians 2:7; 1 Thessalonians 3:2, 13; 2 Thessalonians 2:17; 3:3)

PRACTICALLY, HOW WILL YOU USE THESE PRINCIPLES TO CHANGE?

Make a plan!

Write out the answer to the following questions and review it regularly:

- What is my desired outcome? (What will the change look like?)
- Why am I seeking this change?
- What behaviors will I stop and what behaviors will I start to make this change?