

# The Christian Arsenal

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## MAKING CHANGES The Road to Recovery

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Part 6 of 9

R.E.C.O.V.E.R.Y.

Step 1: **R**ealize I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable (REALITY).

Step 2: **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover (HOPE).

Step 3: **C**onsciously choose to commit all my life and will to Christ's care and control (COMMITMENT).

Step 4: **O**penly examine and confess my faults to God, to myself, and to someone I trust (HOUSECLEANING).

Step 5: **V**oluntarily submit to every change God wants me to make in my life and humbly ask him to remove my character defects (TRANSFORMATION).

*"Offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him ... and let God transform you inwardly by a complete change of your mind."* Romans 12: 1-2 (GNB)

I. WHERE DO MY CHARACTER DEFECTS COME FROM?

- My chromosomes (biological)

Genetics explain predisposition but don't excuse sin!

- My circumstances (sociological)

Character defects are often attempts to fill unmet needs.

- My choices (theological)

Character defects are often positive qualities being misused.

II. WHY IS IT SO HARD TO CHANGE THEM?

1. Because I've had them so long.

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2. Because I identify with them.
3. Because they have a payoff.
4. Because Satan discourages me.

## III. HOW DO I COOPERATE WITH GOD'S CHANGE PROCESS?

If you want to change your life, you've got to change the way you think.

*"... Be transformed by the renewing of your mind."* Romans 12:2

1. Focus on changing one defect at a time.

*"An intelligent person aims at wise action, but a fool starts off in many directions."*  
Proverbs 17:24

2. Focus on victory one day at a time.

*"Give us this day our daily bread."* Matthew 6:11

Old sayings:

How do you eat an elephant? One bite at a time .

Life by the yard is hard, but by the inch, it's a cinch .

You take a lifetime problem and you break it down into bite-size pieces.

*"Don't worry about tomorrow, each day has enough troubles of its own."* Matt.  
6:34

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

*"Can a leopard take away his spots? Nor can you who are used to doing evil now start being good."* Jeremiah 12:23 (TLB)

### **BUT ...**

*"I can master anything with the help of Christ who gives me strength."*  
Philippians 4:13 (JB)

4. Focus on what I want , not what I don't want .

*"Fix your thoughts on what is true and good and right. Think about things that are pure ... Think about all you can praise God for and be glad about ..."*

Philippians 4:8 (TLB)

5. Focus on doing good, not feeling good.

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*“If you are guided by the Spirit you will be in no danger of yielding to self-indulgence.” Galatians 5:16 (JB)*

- Do the right thing even though you don't feel like doing it, because you know it is the right thing to do.
  - You are so used to feeling abnormal, normal doesn't feel normal.
6. Focus on people who help me, not who hinder me.

*“Bad company corrupts good character” I Cor. 15:33*

*“As iron sharpens iron, so people can improve each other.” Prov 27:1 (NCV)*

7. Focus on progress, not perfection.

*“God who began a good work within you will keep right on helping you grow in His grace until His task with you is finally finished...” Phil. 1:6*