

First Baptist Church of Progress Village
I Really Want To Change...So, Help Me God

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Course Outline

Section I: The Preparation for Change

3/1 1. Take Out the Garbage

3/8 2. Sign Me Up

3/15 3. Let's Get Specific ←

Section I: The Preparation for Change - Let's get Specific

For life change to begin, I must identify one or two specific things God wants to change in me next.

1. Ask God for _____ to know exactly what he wants to change in you.

James 1:5 *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

A. When you go through a trial, one question is on your mind: _____?
Don't ask these: **victim** why...Why is this happening to me, **arrogant** why....why are you trying to teach me, or the **ultimatum** why...if you don't make some sense of this to me I'm not dealing with it.

B. Ask for wisdom in _____.

James 1:6-8 *But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. 7 For let not that man think that he shall receive any thing of the Lord. 8 A double minded man is unstable in all his ways.*

Until you are willing to change _____, you are trying to put God in a box to work on your terms not his.

NO RESTRICTIONS, ANYTHING in my life, I'M YOURS GOD, PERIOD. FULL SURRENDER. Now get specific.

2. Review biblical lists for _____ and _____ to change.

Ephesians 4:21-32; Colossians 3:5-10; Galatians 5:16-26

What is God working on in your life?

The **GENERIC** Christian response: The **EVASIVE** response: The **NO ANSWER** response:

3. _____ your own areas of need. Rank yourself in the list on opposite side.

4. _____ your sin to a **friend**.

A. Honest hesitation. **1 Timothy 2:5** 5 For there is one God, and one mediator between God and men, the man Christ Jesus;

B. Accountability and Support.

James 5:16 "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

Why can't I just skip this step? Why should I confess to a friend?

1. To get _____ on our sin. Get it out in the open.

1 John 1:6-7 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: 7 But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

2. To get _____ support. **James 5:16** "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

TIPS ON THE FRIEND YOU CHOOSE.

- Choose someone who also wants to change, so the confession can be mutual.
- Choose someone of the same sex. If married, try not to choose your spouse, as your mate may struggle to be objective with someone so close.

- Ask for a promise of total confidentiality with the person you share with.
- After sharing, pray together, confessing your sin to God. If later on you doubt your sincerity, your friend can reassure you.

5. _____ to the Lord your willingness to change.

1 John 5:14-15, "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."

SELF-REFLECTION

Why is it that Christians are so often content simply to be forgiven and not actually transformed?

Even though you say "God loves me", do you believe it to be true?

Why is it essential that we believe God's love before we "Get specific"?

GETTING SPECIFIC: MY NEEDS FOR CHANGE

Here is a list of attitudes and feelings that every follower of Christ needs to "put off" in his life. Place a number, from 0 to 10, before each item to indicate the extent of its presence in *your* life. Mark 0 if it's "not an issue at all" and 10 if it's present on a regular basis. (See the previous page for more information on rating each item.)

☐ Anger	☐ Feelings of	☐ Prejudice
☐ Anxiety	☐ worthlessness	☐ Profanity
☐ Argumentative	☐ Gluttony	☐ Projecting blame
☐ Addiction	☐ Greediness	☐ Prone to gossip
☐ Bigotry	☐ Guilt (false)	☐ Rebellion to
☐ Bitterness	☐ Hatred	☐ authority
☐ Boastful	☐ Hostility	☐ Resentment
☐ Bossiness	☐ Homosexual lust	☐ Restlessness
☐ Causing	☐ Idolatry	☐ Sadness
☐ dissension	☐ Impatience	☐ Self-centeredness
☐ Conceit	☐ Impulsiveness	☐ Self-confidence
☐ Controlled by	☐ Impure thoughts	☐ Self-deprecation
☐ emotions	☐ Indifference to	☐ (or self-hatred)
☐ Controlled by	☐ other's problems	☐ Self-gratification
☐ peer pressure	☐ Inhibited	☐ Self-indulgence
☐ Covetousness	☐ Insecurity	☐ Self-justification
☐ Critical tongue	☐ Intemperance	☐ Self-pity
☐ Deceitfulness	☐ Jealousy	☐ Self-reliance
☐ Depression	☐ Laziness	☐ Self-righteous-
☐ Dominance	☐ Loner	☐ ness
☐ Drug dependence	☐ Low self-esteem	☐ Self-sufficiency
☐ Drunkenness	☐ Lust for pleasure	☐ Sensuality
☐ Envy (depressed	☐ Materialistic	☐ Sexual lust
☐ by the good for-	☐ Must strive to re-	☐ Slow to forgive
☐ tune of others)	☐ pay any kindness	☐ Stubbornness
☐ False modesty	☐ shown you	☐ Temper
☐ Fear	☐ Negativism	☐ Unloving (of the
☐ Feelings of	☐ Occult involve-	☐ unlovely)
☐ rejection	☐ ment	☐ Vanity
☐ Feelings of	☐ Opinionated	☐ Withdrawal
☐ stupidity	☐ Overly quiet	☐ Workaholic
☐ Feelings of	☐ Overly sensitive	☐ Worry
☐ weakness or	☐ to criticism	
☐ helplessness	☐ Passivity	