

This is the TIME... Let's Get Healthy-Part 5

What is Unhealthy in Your Life?

- My pace of life
- My thoughts
- My overwork
- My marriage
- My addiction
- My expectations

- My diet
- My worries
- My habits
- My family
- My memories
- My regrets

- My financial situation
- My relationship with...
- My holding onto the past
- My perfectionism
- My resentment or anger
- My need to control

Making Changes

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my **CHARACTER DEFECTS**. We have the choice. It's a matter of discipline with divine help.

"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

I. Where do my character defects come from?

- My **CHROMOSOMES**. Genetic explain predisposition, but they don't excuse sin. Addictions may predisposition toward certain problems but it doesn't make us to things by behaviors—no one is trapped.
- My **CIRCUMSTANCES**. Character defects are often attempts to fill unmet needs. Learn how to handle hurts, rejection, the way we were raised, learned behaviors.
- My **CHOICES**. Character defects are often positive qualities being misused. These often become lifelong habits that may be hard to break but not impossible.

II. Why is it so hard to change them?

- Because I've had them **SO LONG**. (lifelong habits may be hard to break)
- Because I **CAN IDENTIFY** with them (the defects). (saying... I was made that way, that's who I am, that's the way I was raised)
- Because they have a **PAYOFF**. (short-term rewards like a workaholic may get a raise or promotion or allowing to control feels good BUT long-term payoff is self-destructive with consequences as overwork = bad health, lost relationships).
- Because **SATAN** discourages me.

III. How do I cooperate with God's change process?

- Focus on changing **ONE DEFECT** at a time. ***"An intelligent person aims at wise actions, but a fool starts off in many directions."*** --Proverbs 17:24
- Focus on victory **ONE DAY** at a time. Trust him daily one bit at a time.
"Give us this day our daily bread." ---Matthew 6:11
"Don't worry about tomorrow, each day has enough troubles of its own."
--Matthew 6:34
- Focus of **GOD**, not willpower.
"Can a leopard take away his spots? Nor can you who are used to doing evil, now start being good." --Jeremiah 13:23
"I can master anything with the help of Christ who gives me strength." --
Philippians 4:13

Ask God which defect he wants to you work on first in your life.

With God's help you can change the way you think.

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