

THE CHANGE CATALYST

Part 3: A Powerful Foundation For Change

STRENGTH FOR THE CHANGE

❖ Ways to strengthen emotionally and mentally

- ◆ Act as if - fake it till you make it has scientific application
- ◆ Think like an optimist - thinking of set back and adversity as temporary
- ◆ Have a supportive environment - your group heavily influences the person you become
- ◆ Talking positively to yourself - not weak touchy-feely; the Navy SEALs practice this
- ◆ Practice gratitude - hunting for the good stuff in life

❖ The believer advantage

- ◆ Even beyond the fact that the Greater One, the Holy Spirit, lives in us
- ◆ We can rejoice in the Lord (*Philippians 4:4 NIV*)

A POWERFUL CHANGE TAKES PLACE (*Genesis 17:1-7, 10 NKJV*)

❖ God reveals Himself as El Shaddi

- ◆ The all powerful One
- ◆ Walk before me - to live with God in mind

❖ Abram receives a covenant and a name change

- ◆ A covenant is a binding agreement - much stronger than a contract
- ◆ God changed Abrams' name

❖ Abraham makes a strong commitment to change (*Genesis 17:22-24 NKJV*)

- ◆ His part of the covenant was not easy - not everyone would understand
- ◆ He obeyed and did not procrastinate - hard things are the easiest to put off

YOUR FOUNDATION FOR CHANGE

❖ Expand your perspective of God

- ◆ He has not changed; He is still El Shaddi
- ◆ He has revealed Himself in His Son Jesus
- ◆ Giving Him our thanks and praise expands our perception and awareness of Him (*Psalms 34:1-3 NKJV*)

❖ Change your name

- ◆ Based on your covenant relationship with God - confirmed in the blood of His Son
- ◆ What does God say about you? (*Ephesians 2:10 NLT*)

❖ Renew your commitment to God

- ◆ He is highly committed to you
- ◆ There will be a cost involved - not everyone will agree/understand (*2 Corinthians 5:14-15 NIV*)