



*you*

ASKED

FOR IT

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*I am a gangster and gangsters  
don't ask questions.*

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Lil Wayne

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*How can I change the things in my  
life that need to be changed?*

*Why is it so difficult to change, and how  
can I sustain the change I attempt?*

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# Types of Change

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- 1. Desired Change*
- 2. Necessary Change*
- 3. Wise Change*

# Facts About Change

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- 1. Positive change is rarely easy.*
- 2. The older we get the less open we are to change.*
- 3. Everyone has the capacity to change.*

The Ideal Life  
&  
Real Life



So I tell you this, and insist on it in the Lord, that you must no longer **live** as the Gentiles do, in the futility of their **thinking**.

**Ephesians 4:17 NIV**

They are darkened in their **understanding** and separated from the life of God because of the ignorance that is in them due to the **hardening** of their hearts.

**Ephesians 4:18 NIV**

Having lost all **sensitivity**, they have given themselves over to sensuality so as to **indulge** in every kind of impurity, and they are full of greed.

**Ephesians 4:19 NIV**

That, however, **is not the way** of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

**Ephesians 4:20-21 NIV**

From that time on Jesus began to preach, “**Repent**, for the kingdom of heaven has come near.”

**Matthew 4:17 NIV**

# REPENT:

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- 1. Change the way you think about God.*
- 2. Change the way you think about sin.*
- 3. Change the way you think about you.*
- 4. Change the way you think about others.*

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**;

**Ephesians 4:22 NIV**

to be made **new** in the **attitude** of  
your **minds**;

**Ephesians 4:23 NIV**



...I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

**Romans 12:1 NLT**

Don't **copy** the behavior and customs of this world, but let God **transform** you into a **new person** by changing the way you **think**...

**Romans 12:2 NLT**

to be made **new** in the **attitude** of  
your **minds**; and to put on the **new**  
**self**, created to be like God in true  
righteousness and holiness.

**Ephesians 4:23-24 NIV**

# How to Change:

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- 1. Deposit & Digest Truth Statements*
- 2. Reject Bad Thoughts & Replace with Good Thoughts*
- 3. Adopt Truth & Align Behavior to Truth*
- 4. Repeat & Repeat*

**When you change your thinking,  
your thinking will change you.**

**When you change your thinking,  
you change your beliefs,  
values, expectations, attitude,  
and behavior.**

**When you change your thinking,  
your thinking will change your life.**