



# Recap: It's Time For Change

- 3 Areas Pastor encourage us to change
- Change our Mindset Rom 12:2
- Change our Attitudes Phil 2:5-8
- Change our Behaviours Titus 2:2-6
- Notice all these areas our individual changes!







## **Recap: 5 Change Definitions**

- **GENERAL** definition of change is to make or become different, undergo a transformation or transition from one state, form or condition to another.
- DICTIONARY definition of change is to make different in some, to alter, make radically different, transition, give a different position, course or direction.
- PHILOSOPHICAL definition of change is the process by which something becomes different, including a departure from a previous state or condition, often seen as a fundamental aspect of existence and reality.









## Recap: 5 Change Definitions cont.

- PSYCHOLOGICAL definition of change is the process through which individuals adapt their thoughts, behaviour, and attitude in response to new experiences, challenges, and information, leading to personal growth and development.
- **BIBLICAL** definition of change often refers to, the spiritual transformation and renewal that occurs when an individual turns towards, embracing new values and ways of living as guided by the Holy Spirit.







## **Summary: Benefits of Change**

Change then provides us the option or opportunity to;

- Become a different person
- Go in new direction
- Let go of any state or condition not conducive to our growth
- Become disciplined in developing the right habits
- Be empowered by the power of the Holy Spirit to become kingdom witness.









### Quote

"Making the decision to mind your own business is paramount to changing your life for the better" Ira A Jackson Sr







### Introduction

- For some people it means stop prying into other people's business
- For others it could mean respect other people's privacy
- For me it means focus on taking care of my own business







## Text: 1 Thes 4:11,12

Make it **your** goal to live a quiet life, **mind**ing **your own business** and working with **your** hands, just as we instructed you before, then the people who are not believers will respect the way you live, and you will not need to depend on others.









### Quote

"People don't resist change they resist being changed"









## Change starts in the mind

- Mentality a way of thinking
- Intelligence the ability to acquire and apply knowledge
- Narrative the perspective and picture how I see or my world view
- Discipline to be in control of a pattern of behaviour or prescribed conduct









#### **TWO MINDS**

The mind has two main parts: the conscious and the subconscious mind.

The Conscious Mind that is limited in capacity, like short term memory and includes what we are currently aware of, some psychologists estimate that it represents 5% of our mind.

The Subconscious Mind is much larger in capacity, like long term memory and includes information and memories we can recall, some psychologists estimate that it represents 95% of our mind.







#### THE BATTLE OF THE MIND

- The battle between the conscious and subconscious mind, is like an eternal tug-of-war. The conscious mind seeks rationality and control, the subconscious mind which often has its own agenda.
- The Conscious Mind the thinking, decisions and analysis takes place.
- The Subconscious Mind drives habits, emotions, and automatic responses.







## Text: James 1:8 (AMPC)

[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable *and* unreliable *and* uncertain about everything [he thinks, feels, decides].







### **Text: Rom 12:2**

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.







# **Text: Eph 4:23**

And be renewed in the spirit of your mind;







#### Text: 2 Cor 10:4-5

We use God's mighty weapons, not worldly weapons, to knock down the strongholds of **human reasoning** and to **destroy false arguments**. We destroy every proud obstacle that keeps people from knowing God. We capture their **rebellious thoughts** and teach them to obey Christ.







# **Understanding the Mind**

- Mindset stems from my beliefs that either make me successful or stuck in self-sabotage.
- Perspectives is my mental view, picture or prospect
- Narrative is the story that supports our view
- Behaviour is the actions, body language and conduct, habits and performance









## Professor John K Galbraith says

"Given the choice between changing and proving that change is not necessary, most people get busy on the proof"









### Heraclitus: Ancient Greek Philosopher says

"Change is Constant"











## 4 Thoughts about Change

- 1. Change is varied be it seasons, schedule or situations
- 2. Change is holistic be it personal, professional or political
- 3. Change impacts all regardless of colour, creed, culture or class
- 4. Change has different reactions positive, indifferent and negative







## **Text: Matt 4:17 (AMP)**

Jesus came straight out of the wilderness preaching, repent (change) for the kingdom of heaven is at hand.







### Dr Steve Maraboli Author, Athlete, Speaker and Veteran

"I wish for you the wisdom to mind your own business"



