

**Purpose:** Specific and measurable life-change using a repeatable process forged from biblical truth.

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**STEP ONE: Prayerfully Identify a specific area of need**

1. On paper, describe a single, negative aspect of your life, explaining why it is an issue for you.
2. Describe how it manifests in your day-to-day life and list the resulting negative consequences.
3. Explain specifically what you want to change and the expected resulting benefits.

**STEP TWO: Take off the old man — Identify the temptation source, the lie, and the larceny**

1. Use **1 John 2:16** to pinpoint the source(s) of your sin issue: desire of the flesh, desire of the eyes, or the pride of life? Explain why you identify this source(s) with your issue.
2. Read **Ephesians 4:20-22**. What false promises (“deceitful desires”) are you are being given and note the actual, negative results from Step 1.
3. Use **Galatians 5:22-25** to identify which benefits (fruit) of God’s life is being stolen from you by the “deceitful desire”?
4. Use **Romans 8:29** to pray, thanking God for showing you the truth about your situation and for his commitment to conform you to the likeness of his Son.

**STEP THREE: Renew your mind in light of God’s word**

1. Read **Ephesians 4:24, Galatians 5:16 & Philippians 1:3-6, Romans 8:26-32** What do these passages tell you about God’s role in the process of your transformation?
2. Read **Ephesians 4:22,23**. How do we cooperate with God’s transforming work?
3. Read **Luke 4:1-12**. When tempted, Jesus showed his trust in God’s word. Identifying and think through key passages in scripture that relate to your specific area of need. Write down how the truth in passage(s) addresses your issue.

If you have difficulty in knowing where to look in the Bible, try one of the following:

- **Jesus’ example in the gospels, he is truth source** (Ephesians 4:12, Hebrews 12:1-2)
- **Remember your new status before God and the new way of life you now walk in** (Eph. 1:3-14, 1 Cor. 6:9-11, Heb. 10:19-24, Heb. 12:11-16, Titus 3:3-7, Gal. 5:17-24,, Col. 3:1-17)
- **Ask a knowledgeable brother or sister in Christ**
- **Make use of digital or online tools.** Tip: Be sure to read the verses before and after any suggested passages to make sure the suggestion is relevant to your situation.

**STEP FOUR: Put on the New Man by training to win**

1. In **Colossians 3:1-10** What specific practices can you put into place to 1) “put to death” and “rid yourself” of the sin issue in your life and 2) set your mind on things above, “putting on the new self”? List them out. Make sure they are things you can actually do and that allow you to measure your progress(e.g. keeping a daily log of times you were sarcastic or complaining).
2. Read **1 Thessalonians 5:9-11** Who can you enlist to help “build you up” in this area? What specifically will you ask this person to do to help you?