



FOUNDATIONAL TRUTHS WE NEED TO UNDERSTAND FOR GODLY TRANSFORMATION (LESSONS 1-15)

1. In the beginning God created a world of perfect harmony in nature, human relationships, and with God.
2. A choice of disobedience was made by Adam and Eve that destroyed this perfection and opened the door to sin – the ultimate cause of bruises, brokenness, & bondages.
3. We have real struggles, but there is also real hope.
4. Our issues are deep, but our possibilities through Christ are far greater.
5. Minimizing and denial are major obstacles to biblical recovery (i.e., regaining what was lost in the Fall).
6. Recovery is a great journey of inner change and the discovery of outer purpose.
7. Change is a combination of necessary endings and new beginnings.
8. We need to commit to Godly bearings to stay on course.
9. God has a clearly defined game plan for our lives.
10. We must decide to base our lives either on a man-based self-worth or a God-given value.
11. Faith put into action results in transformation, but faith with no application results in no change.
12. We need to recognize our human spiritual powerlessness verses God’s unlimited empowerment.
13. A sound mind based in the God’s truth is the basis for stability.
14. God-centered connections are needed to help us, while godless connections will always hinder us.
15. Trying to hide the truth about our inner self is harmful, while being honest with God, self, and others helps us.

WHAT WILL LEAD TO REAL, LASTING CHANGE

1. Having the right mindset.

¹³ Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. ¹⁴ As obedient children, do not conform to the evil desires you had when you lived in ignorance. 1 Peter 1:13-14

² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Romans 8:5-6

2. Understanding God is the source of real, lasting change.

¹ “I am the true vine, and my Father is the vinedresser.

⁴ Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

⁵ I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, **for apart from me you can do nothing.**

John 15:1, 4, 5

By this my Father is glorified, that you bear much fruit and so prove to be my disciples. John 15:8

3. Voluntarily submitting every area of your life to God for Him to change where He reveals.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1

4. Making a choice to obey God’s ways.

¹¹ “For this commandment that I command you today is not too hard for you, neither is it far off. ¹² It is not in heaven, that you should say, ‘Who will ascend to heaven for us and bring it to us, that we may hear it and do it?’ ¹³ Neither is it beyond the sea, that you should say, ‘Who will go over the sea for us and bring it to us, that we may hear it and do it?’ ¹⁴ But the word is very near you. It is in your mouth and in your heart, so that you can do it

¹⁵ “See, I have set before you today life and good, death and evil. ¹⁶ If you obey the commandments of the Lord your God that I command you today, by loving the Lord your God, by walking in his ways, and by keeping his commandments and his statutes and his rules, then you shall live and multiply, and the Lord your God will bless you in the land that you are entering to take possession of it.

¹⁷ But if your heart turns away, and you will not hear, but are drawn away to worship other gods and serve them, ¹⁸ I declare to you today, that you shall surely

perish. You shall not live long in the land that you are going over the Jordan to enter and possess. ¹⁹ I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse.

¹⁹ I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, ²⁰ loving the Lord your God, obeying his voice and holding fast to him, for he is your life and length of days, that you may dwell in the land that the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them.”

Deuteronomy 30:11-20a

5. Letting God Lead

Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Psalm 25:5

Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! Psalm 43:3

Hear my cry, O God, listen to my prayer; ² from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, ³ for you have been my refuge, a strong tower against the enemy. Psalm 61:1-3

Lead me in the path of your commandments, for I delight in it. Psalm 119:35

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Psalm 143:10

6. Understanding godly change is about putting off and putting on – not staying empty.

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus,

²² to put off [lay off or aside, renounce, stow away] your old self [character defects, acts of the sinful nature], which belongs to your former manner of life and is corrupt through deceitful

desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:17-24

²⁴ “When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, and finding none it says, ‘I will return to my house from which I came.’

²⁵ And when it comes, it finds the house swept and put in order. ²⁶ Then it goes and brings seven other spirits more evil than itself, and they enter and dwell there. And the last state of that person is worse than the first.”

Luke 11:24-26

7. Assessing our lives according to God’s Word, asking Him to show us the area He wants to change.

And it shall be said,
“Build up, build up, prepare the way,
remove every obstruction from my people’s way.”

Isaiah 57:14

²⁰ “Behold, I send an angel before you to guard you on the way and to bring you to the place that I have prepared. ²¹ Pay careful attention to him and obey his voice; do not rebel against him, for he will not pardon your transgression, for my name is in him.

²² “But if you carefully obey his voice and do all that I say, then I will be an enemy to your enemies and an adversary to your adversaries. Exodus 23:20-22

²⁹ I will not drive them out from before you in one year, lest the land become desolate and the wild beasts multiply against you. ³⁰ Little by little I will drive them out from before you, until you have increased and possess the land. Exodus 23:29-30
(Also Deuteronomy 7:22)

²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:24-25

¹⁷ Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. 2 Corinthians 3:17-18

2 ASPECTS OF LIFE ASSESSMENTS:

Listening & Applying

¹ “Listen to me, you who pursue righteousness, you who seek the Lord...

⁷“Listen to me, you who know righteousness,
the people in whose heart is my law...

1. We ask God to use His Word to search us, test us, and give us discernment to see which of our ways are offensive to Him.

²³“Search me, O God, and know my heart; test me and know my thoughts. ²⁴And see if there is any grievous [NASV: hurtful, NKJV: wicked, NIV: offensive] way in me, and lead me in the way everlasting.”

2. As we participate by examining our ways in light of God’s truth, we ask Him for clarity as to where we start to put into practice new ways that please Him.

“Let us examine our ways and test them,
and let us return to the Lord.” Lamentations 3:40

⁶ So we are always of good courage. We know that while we are at home in the body we are away from the Lord, ⁷ for we walk by faith, not by sight. ⁸ Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.

⁹ So whether we are at home or away, we make it our aim to please him. ¹⁰ For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil. 2 Corinthians 5:6-10

²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who

forgets but a doer who acts, he will be blessed in his doing. James 1:22-23

And the effect of righteousness will be peace,
and the result of righteousness, quietness and trust forever. Isaiah 32:17

**4 MINDSETS OF THE WICKED TO BE AVOIDED
& QUESTIONS TO BE PONDERED**

Job 21:14-15

¹⁴ They say to God,

1. ‘Depart from us!
2. We do not desire the knowledge of your ways.
3. ¹⁵ What is the Almighty, that we should serve him?
4. And what profit do we get if we pray to him?’

1. How much do I really want God to be part of my life?
2. How deeply do I desire the knowledge of God’s ways?
3. How highly do I place Him as the one I want to serve with my life?
4. How does my prayer life reflect a faith that praying has great profit for me?

¹⁵ For thus said the Lord God, the Holy One of Israel,
“In returning and rest you shall be saved; in quietness and in trust shall be your strength.”
But [they] were unwilling... Isaiah 30:15

AT LEAST ONE WAY THIS WEEK I WILL TRY TO PUT THIS LESSON INTO PRACTICE IS:

Weekly Going Deeper Study Guide

Searching How Secret Keeping Harms Us and Confession Helps Us

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

DAY 1

Read this prayer a couple of times and then create a personal prayer in your own words asking God to help you in this journey of life assessments.

Dear God, You know my past, all the good and the bad things that I've done. In this principle, I ask that You give me the strength and the courage to list them so that I can "come clean" and face them and the truth.

Please help me reach out to others who You have placed along my "road to recovery." Thank You for providing them to help me keep balanced as I do my inventories.

In Jesus' name I pray.

Amen

DAY 2

1. Carefully read and meditate on each of the scriptures in this week's lesson.
2. Identify the one that stands out the most to you and rewrite it in your own words.

DAY 3

1. Reread the lesson.
 - Write down any things you see that God would want you to **AVOID, CHANGE, OR GIVE UP.**

 - Write down **THE MOST POSITIVE THING** you see that you would really like to see become part of your life.

DAY 4

Reread the last section of the lesson, "4 Mindsets of the Wicked to be Avoided". Honestly ask yourself, if I was to be put on trial for where my heart is as to my sincerity in the 4 questions listed, based on the evidence of my life, on a scale of 10 down to 1, how would the jury find me? If you are low on the scale, how about praying right now asking God to increase your faith and desire for a deeper walk with Him?

10: CLEAR EVIDENCE OF DESIRE SHOWN BY MY CONSISTENTLY SEEKING GOD AND HIS WAYS. 1: LITTLE VISIBLE EVIDENCE OF MY DESIRE.

During the Week *JOT DOWN KEY INSIGHTS AND OR EXPERIENCES (POSITIVE OR NEGATIVE) FROM THIS WEEK AS YOU HAVE TRIED TO GO DEEPER WITH THIS LESSON, INCLUDING WITH YOUR IDENTIFIED OBJECTIVES, AND CONSIDER WHAT YOU MIGHT SHARE WITH YOUR GROUP.*