

First, please pray for the services this weekend. Second, please review the memory verse for this weekend and finish up any devotions you many have missed. Thank God today for His absolute forgiveness and love! Rejoice in His free gift of grace!

(REAL) **CHANGE** Smart Change

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**REVIEW: To begin the process of change...**

**STEP 1:** A \_\_\_\_\_ that I am powerless over my destructive pattern

**STEP 2:** B \_\_\_\_\_ that God exists and can change me

**STEP 3:** C \_\_\_\_\_ my life to Him

**For continuing, lasting change:**

**STEP 4:** \_\_\_\_\_ **my life**

**Make a searching and fearless moral inventory**

“Let us examine our ways and test them...” *Lamentations 3:40a* (NIV)

**STEP 5:** \_\_\_\_\_ **my life**

**Admit to God, myself, and another the exact nature of my wrongs**

“When I kept silent about my sin, my bones wasted away...my strength was sapped as in the heat of summer. Then I acknowledged my sin to you...I said, ‘I will confess my transgressions to the Lord’ — and you forgave the guilt of my sin.” *Psalms 32:3a, 4b-5*

“Therefore confess your sins to each other and pray for each other so that you may be healed.” *James 5:16a*

**STEP 6:** \_\_\_\_\_ **myself for new life**

**Be entirely ready to have God remove these defects of character**

“Jesus asked him, ‘Do you want to get well?’” *John 5:6b*

**STEP 7:** \_\_\_\_\_ **God to change my life**

**Humbly ask God to remove my shortcomings**

“...O LORD, you are our Father. We are the clay, you are the potter.” *Isaiah 64:8a*

“All of us have sinned and fallen short of God’s glory. But God treats us much better than we deserve, and because of Christ Jesus, he freely accepts us and sets us free from our sins.” *Romans 3:23,24* (CEV)

**What’s Your Story?**

In the messages on the weekend of February 14th, we’d love to share TLC recovery stories. What’s yours? Email [rene@tlc.org](mailto:rene@tlc.org), or let us know on a Welcome Card.

# Daily Meditations

## Monday: Overview

Look back over your notes from this weekend's message. What point really jumped out as something you need to do this week?

Please read Philippians 1:6. Remember, it's God who is masterminding the process of change in you, and He will complete the process — guaranteed! How can this help you combat discouragement that's apt to come when trying to change?

*Thank God that He forgives you of your sins! Ask Him to help you remember that He is faithful to finish the work He's begun in you!*

## Tuesday: The Review Step

Read Psalm 139:23-24. Today, make David's prayer your own: Ask God to help you do a "searching and fearless" moral inventory. It's best to do a written inventory for many reasons. Here are some tips and suggestions:

1. Spend at least a half-hour in prayer and meditation asking God to show you places your life needs to change, or ways you've hurt others and yourself. Write down what God seems to show you. Begin by writing down the obvious sins you struggle with habitually, then write down the other areas God speaks to you about.
2. Please read Exodus 20:3-17 (the Ten Commandments). Reference your actions and attitudes to these principles. What is God showing you? Write it down.

Remember, the point is not to feel more guilty, but to uncover and admit sin — and then accept God's healing, freeing you of guilt and shame!

*Thank Jesus that He died on the cross to forgive you for these specific sins!*

## Wednesday: The Reveal Step

Only proceed to this step if you have already completed your moral inventory step from Tuesday's devotional! If you haven't, go back to Tuesday's devotional and complete it now.

Read Psalm 32:1-5 and Proverbs 28:13. According to these verses, what are the results of confessing sin?

What are the results of holding it in, instead of confessing?

According to James 5:16, is it really necessary to confess my sins specifically to another human being? \_\_\_ Yes \_\_\_ No Why is this hard?

*Ask God to bring to your mind a trustworthy Christian to whom you can confess your moral inventory. Call this person up today and set up a time to do this "reveal step". When confessing, be as specific as possible, and take as long as you need to. Thank Him today that He forgives you!*

## Thursday: The Ready Step

*Only proceed to this step if you have already completed your moral inventory step from Tuesday's devotional! If you need to, go to Tuesday's meditation and complete the questions there.*

Read John 5:1-6. Why would Jesus ask this question of a sick man?

Is it really possible to be sick and still not want to be healed? \_\_\_ Yes \_\_\_ No

Why wouldn't someone want to be healed of their habits or addictions?

Which of the following reasons for not wanting to be healed apply to you?

- |   |                                   |
|---|-----------------------------------|
| ___ Fear of the unknown                     | ___ Fear God will "make me weird" |
| ___ I enjoy my habits too much              | ___ Fear God is mean              |
| ___ Fear God will demand too much of me     | ___ Fear I'll lose my "edge"      |
| ___ I don't want to lose control of my life | ___ Healing is hard               |
| ___ Fear of failing yet again               |                                   |

Are you entirely ready to have God remove the character defects from your life?

*Pray: Lord, please help me to be entirely ready to give You complete reign in my life — even over my pet sins! Thank You that You are willing to heal me. Make me willing to be healed.*

## Friday: The Request Step

*Please finish the devotion for Tuesday before going to this step.*

In this step, we ask God to remove the character defects we observed in our lives in the review step. Read 1 Peter 5:6-7. A key word: Asking with humility — letting God be the Potter and you the clay, to shape and mold you however He sees fit.

God forgives our sin when we trust in Christ's sacrifice for us on the cross. In this step you are not asking for forgiveness again — that has been granted you when you trusted in Christ the very first time! Instead, you are asking God to be Lord over the pet sins and habits that have been lingering in your life and remove them completely.

You may have noticed that the steps this week and last week's simply outline the process known in the Bible as "repentance": Admitting your spiritual bankruptcy, turning to God with contrition, and confessing your sins.

*Thank God for His forgiving and empowering grace! Remember that when God forgives, your sins are wiped away forever!!*



Memory Verse

Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me, and  
lead me in the way everlasting."  
Psalm 139: 23-24 (NIV)