

# Change: Teach Them Don't Tell Them

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## Why is change sometimes difficult?

### The Change-Around Process

Change = \_\_\_\_\_

We must know \_\_\_\_\_

“You were taught ... to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,  
<sup>23</sup> and to be renewed in the spirit of your minds,  
<sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.”  
Ephesians 4:22-24

Identify the issue you'd like changed and use the change-around process:

1. Identify unwanted attitude(s)/behavior(s).
2. Determine why you do what you do. Recognize circumstances, beliefs, and other causes that drive current attitude(s)/behavior(s). (e.g., lies, values, desires, strengths used badly.) Remember – all outward behavior is rooted in beliefs.
3. Renew the mind to put off lies and put on truth. Often, categorizing the reasons is helpful (e.g., sin, background, personality, spiritual gifts, other strengths). Dig into God's Word for relevant Scripture (e.g., Triune God's behavior, character, and instruction; Proverbs, Psalms, and New Testament truth; the One-Anothers of the New Testament). Pursue prayer and repentance.
4. Identify new beliefs, attitude(s)/behavior(s) that may result. Write out new belief statements.



## The Change-Around Process

Unwanted attitude(s)/ behavior(s)	
Causes: Circumstances, beliefs, background/ upbringing, lies you believe, character qualities, values, desires, strengths, people's negative influence, other	
Renew the mind with relevant scripture to establish new beliefs	
New attitudes, behaviors, and beliefs that may result	

### Selected References

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