



How Do We Change?

Jeremy Peters
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The process of personal change is sometimes referred to as the process of _____.

There is an _____ you. You have a body that is shaped intentionally or unintentionally by:

- Food choices
- Exercise
- Sleep
- Process of aging
- Stress

There is an _____ you. You have a spirit, a mind, a character and that is being shaped all the time by:

- What you watch
- What you read
- People you interact with
- Habitual thinking patterns

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Where there is a vision, there will be an intention, and people will find a way, and the means to fulfill it.

Matthew 13:44-46 NIV

The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.

An **Apprentice** is simply someone who has decided to _____ their lives around being and learning from another person so that they can become _____ of doing what that person does, or to become what that person is.

An Apprentice of Jesus says: "I am learning from Jesus to live _____ as He would live my life if He were I."

We want to learn: 'How do I arrange my days to be continually receiving contentment, joy and grace from God?'

1 Corinthians 9:24-27 NIV

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

We _____ what we can do by trying, but _____ what we can do by training.

To train means: "I arrange my life around those activities that enable me to do what I cannot now do by direct effort."

Intentional _____ become an invaluable part of training our inner life to reflect the life of Jesus.

Next Step: *Celebration of Discipline* – Richard Foster