

**MAKING CHANGES**  
**The Road to Recovery - Part 5**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

**R.E.C.O.V.E.R.Y.**

- **Realize** I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
- **Earnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover.
- **Consciously** choose to commit all my life and will to Christ's care and control.
- **Openly EXAMINE** and **CONFESS** my faults to myself, to God, and to **SOMEONE** I trust.
- **Voluntarily** submit to every change God wants to make in my life and humbly ask Him to remove my **CHARACTER DEFECTS**.

**So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.**

**Romans 12:1-2 (MSG)**

**I. WHERE DO MY CHARACTER DEFECTS COME FROM?  
BIOLOGICAL – SOCIOLOGICAL - THEOLOGICAL**

**My CHROMOSOMES – Your nature...**

**You inherited roughly 23,000 chromosomes from each of your parents. You got some of their strengths, and some of their weakness. And then, just to keep things interesting, you got some reticent genes that skipped a generation or two and you got some traits from your great, great-great, or your great-great-great grandfather.**

**Genetics explain predisposition but don't excuse sin!**

**MAKING CHANGES**  
**The Road to Recovery - Part 5**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

• My **CIRUMSTANCES** - Your nurture...

Character defects are often *illegitimate* attempts to fill *legitimate* unmet needs. Most of my destructive habits and hang-ups are attempts to take short-cuts to relationship.

• My **CHOICES** - Your inherited belief system...

**Choices become habits over time. The longer the time, the more engrained the habit.**

Character defects are often positive qualities being misused.

**II. WHY IS IT SO HARD TO CHANGE THEM?**

1. Because I've had them **FOR SO LONG**.

- a. You didn't learn this behavior overnight; you won't unlearn it overnight either. You cannot simply *remove* it, you must *replace* it!

2. Because I **IDENTIFY** with them.

**You are setting yourself up and identifying yourself with your defect and it becomes a self-fulfilling prophecy. You are a speaking spirit – created in the image of a creative God – and your words have power.**

**If you crave affection or attention- it's incredible what you will do to get it.**

**YOU CAN'T HAVE SYMPATHY AND VICTORY – YOU HAVE TO CHOOSE ONE OR THE OTHER - AND NO CHOICE IS ALSO A CHOICE – VICTUMHOOD.**

3. Because they have a **PAYOFF**.

**We generally and constantly won't do things that don't bring us some sort of perceived reward.**

**Perceived rewards are actually demonically inspired and controlled curses.**

**Before you can get an entitlement, you must accept the title. Don't take the bait. Find your identity in Christ.**

**MAKING CHANGES**  
**The Road to Recovery - Part 5**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

4. Because **SATAN** discourages me.

**He tells you that you can't live without it. He constantly bombards your mind with thoughts, impressions, and identities that are contrary to the word of God. You must learn the word and the discipline your mind. You can't be renewed by old thinking!**

**<sup>5</sup>We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 2 Corinthians 10:5 (ESV)**

**III. HOW DO I COOPERATE WITH GOD'S CHANGE PROCESS?**

**"Be transformed by the renewing of your mind." Rom. 12:2**

1. Focus on changing **DEFECT** at a time.

**An intelligent person aims at wise action, but a fool starts off in many directions.**  
**Proverbs 17:24 (GNT)**

2. Focus on victory **ONE DAY** at a time.

**"Give us this day our daily bread" Matt. 6:11 (KJV) (NOT "Give us this next week")**

**"Don't worry about tomorrow, each day has enough troubles of its own."  
Matt. 6:34 (ERV)**

3. Focus on **GOD'S POWER** not willpower

**"Can a leopard take away his spots? Nor can you who are used to doing evil now start being good." Jer. 12:23 (TLB) BUT...**

**"I can master anything with the help of Christ who gives me strength."  
Phil. 4:13 (JUB)**

**What the Father Does, the Son Does. So Jesus explained himself at length. "I'm telling you this straight. The Son can't independently do a thing, only what he sees the Father doing. What the Father does, the Son does. The Father loves the Son and includes him in everything he is doing. John 5:19-20 (MSG)**

**MAKING CHANGES**  
**The Road to Recovery - Part 5**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

**4. Focus on what I WANT, not what I DON'T WANT**

**“Fix your thought on what is true and good and right. Think about things that are pure ... Think about all you can praise God for and be glad about ...”**

**Phil. 4:8 (TLB)**

**5. Focus on DOING good, not FEELING good.**

**“If you are guided by the Spirit you will be in no danger of yielding to self-indulgence.” Gal. 5:16 (JUB)**

**6. Focus on PEOPLE who help me, not hinder me.**

**“As iron sharpens iron, so people can improve each other.” Prov. 27:1 (NCV)**

**7. Focus on PROGRESS not PERFECTION**

**“God who began the good work within you will keep right on helping you grow in his grace until his task with you is finally finished.” Phil. 1:6**

**Whatever captures the heart's trust (confidence and love) also controls the feelings and behavior. What the heart most wants the mind finds reasonable, the emotions find valuable, and the will finds doable. ~ Timothy Keller**

**Above all, be careful what you think because your thoughts control your life.  
Proverbs 4:23 (ERV)**

**Keep vigilant watch over your heart; *that's* where life starts.**

**Don't talk out of both sides of your mouth; avoid careless banter, white lies, and gossip.  
Keep your eyes straight ahead; ignore all sideshow distractions. Watch your step, and the road will stretch out smooth before you. Look neither right nor left; leave evil in the dust.  
Proverbs 4:23-27 (MSG)**