

I. How transformation happens

Could it our problem be with...

a. The mind? *Rationalizes and justifies.*

Solution: More knowledge?

b. The will? *Chooses.*

Solution: More willpower?

c. The guts? *Feels.*

Solution: More guilt?

d. The body? *Acts.*

Solution: More discipline?



I. How transformation happens

The heart is our moral and spiritual center

What the heart desires...

The will chooses...

The mind justifies...

The body does...

The guts feel good about!

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REDEMPTION CHURCH KUCHING
TRUTH. COMMUNITY. LIFE.

II. The obstacles to transformation

A. Comfort

Greatest fear: Stress

Symptoms: prioritizing your own needs above other people's, avoid conflict, react strongly against change of plans



II. The obstacles to transformation

B. Approval

Greatest fear: Rejection

Symptoms: Easily influenced by what others think about you, always wondering whether what you're doing is enough, retaliate and blame external circumstances when things don't go our way



II. The obstacles to transformation

C. Power

Greatest fear: Failure

Symptoms: have to be the one making decisions, demand respect, put down others, attribute your success to your own intelligence and hard work



II. The obstacles to transformation

D. Control

Greatest fear: Uncertainty

Symptoms: putting trust in things we know, neglect our spousal or parenting responsibilities: “I’m sacrificing the present to secure the future.” struggle with delegating duties, use religion/obedience to control God



III. The recipe for transformation

1. Identify the idols of the heart
2. Replace the idols with the gospel
 - a. Comfort > God is *good*. I don't have to look elsewhere for peace and fulfillment.
 - b. Approval > God is *gracious*. I don't have to perform.
 - c. Power > God is *glorious*. I don't have to produce results.
 - d. Control > God is *great*. I don't have to be in control.

