

reNEW BODY
CHANGE - LASTING RESULTS

Six Principles for Lasting Change –

1. Commit my body to God.

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“Therefore, I urge you, brothers, in view of God’s mercy to offer your bodies as living sacrifices holy and pleasing to God – this is your spiritual act of worship.” – Romans 12:1 (NIV)

**Therefore – in light of
everything I just said.**

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“Therefore, in light of all these mercies that God has shown you, in light of all God’s grace to you, offer your bodies.” – Romans 12:1 (NIV)

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Four Laws of Change:

- I. Change is my choice.

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***“Therefore, offer your
body as a living sacrifice
to God... it is your spiritual
act of worship.” – Romans 12:1***

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Three Spiritual Acts of Worship:

- * I can cleanse (detox) my body.

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“Let us purify ourselves from everything that contaminates the body and spirit, perfecting holiness out of reverence for God.” – 2 Corinthians 7:1 (NIV)

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Three Spiritual Acts of Worship:

- * I can care for my body.

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“No one hates his own body but lovingly cares for it, just as Christ cares for his body which is the church.” – Ephesians 5:29

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Three Spiritual Acts of Worship:

- * I can control my body.

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“Each of you should learn to control his own body in a way that is holy and honorable.” – 1 Thess. 4:4 (NIV)

“I discipline my body like an athlete, training it to do what it should.” – 1 Cor. 9:27 (NLT)

“Seventy-five percent of the 2.5 trillion dollars of U.S. health care costs stems from chronic diseases which can be prevented by lifestyle choices.” – Department of Health and Human Services

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Six Principles for Lasting Change –

2. Concentration: I must refocus my mind.

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2 (NIV)

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**Conform – to
copy everybody else.**

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*“Do not conform **any longer**
to the pattern of this world,
but be transformed by the
renewing of your mind.”*

– Romans 12:2 (NIV)

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Four Laws of Change:

II. To change my life, I must change my model.

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***“Bad company corrupts
good character.” – 1 Cor. 15:33 (NLT)***

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“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

– Romans 12:2

**Transformed –
metamorphosis.**

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“Put off your old self, which is being corrupted by deceitful desires; and be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness.” – Ephesians 4:22-24 (NIV)

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Six Principles for Lasting Change –

3. Evaluation: I must humbly assess my current state.

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**Honesty is the best
policy and I must
humbly assess my
current state.**

“Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.” – Romans 12:3 (NIV)

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“Do not think of yourself more highly (be humble) than you ought, but rather think of yourself with sober judgment, (be honest) in accordance with the measure of faith God has given you.” – Romans 12:3 (NIV)

Ask yourself these honest questions:

What am I pretending...

isn't a problem in my life?

isn't a problem in my marriage?

isn't a problem in my finances?

isn't a problem in my health?

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*“Do not think of yourself more highly (be humble) than you ought, but rather think of yourself with sober judgment, (be honest) in accordance with the **measure of faith** God has given you.”* – Romans 12:3 (NIV)

***“Without faith it is impossible
to please God.”*** – Hebrews 11:6

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***“Faith comes from hearing
the Word of God.”*** – Romans 10:7

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**Limited faith means a
limited future and
unlimited faith means
an unlimited future.**

***“According to your faith it will
be done unto you.” – Matthew 9:29***

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Four Laws of Change:

III. I can only manage
what I measure.

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Two Practical Applications:

- Record your progress.

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Two Practical Applications:

- Know your starting numbers.

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4. Cooperation: I must get group support.

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“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the other.” – Romans 12:4-5

*“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, **we belong to each other, and we need each other.**” – Romans 12:4-5*

Four Laws of Change:

IV. Change requires community.

**You change faster, you
change better, you
change longer, you
change more completely,
you change permanently
through community.**

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Two things you must have:

- God's power.

- Community.

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5. Affirmation: I must
fill my life with love.

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“Love is stronger than death.” – Song of Solomon 8:6 CEV

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“Don’t just pretend you love others. Really love them. Hate what is evil. Stand on the side of the good. Love each other with genuine affection, and take delight in honoring each other.”

– Romans 12:9-10

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**God has wired the
universe that when
you help other people,
God takes care of
your problems.**

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“After Job prayed for his friends, the Lord gave him success again and the Lord gave Job twice as much as before.” – Job 45:10 (ERV)

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6. Motivation: I must nurture my enthusiasm.

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***“Nothing great is ever
accomplished without
enthusiasm.”*** – Ralph Waldo Emerson

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**Enthusiasm –
en Theos, in God.**

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*“Never be lacking in zeal,
Never, never, never be
lacking in zeal, but keep
your spiritual fervor in serving
the Lord. Be joyful in hope,
patient in affliction, faithful
in prayer.” – Romans 12:11-12*

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