

# How to BEGIN MOVING in a SOLUTION -ORIENTED DIRECTION

What Lasting Biblical Change Looks Like -Replacing Wrong Thinking Patterns with What God Wants us to Think

What I focus and feed on at this point will determine whether I go my way or Gods way!

## THINKING

All of the relationships and circumstances that affect and influence my life.

CAUSATION EXPERIENCES TRIALS (testings temptations) PERSONAL HISTORY PRECONDITIONING

I must evaluate all that happens to me, **NOT according to** the worlds view or my own agenda, demands, understanding, doubts, fears, expectations, personal desires, longings, preferences, foolish perceptions, control, anger, needs, bitterness, rationalizing, hurts, selfishness, vindictiveness, envy, pride... or feelings.

- ... **God tells us that:** -He has given us all things that pertain to life and godliness (2 Pet. 1:3-4) we're "complete" in Christ (Col. 2:2-10)
- He has given us a sound mind -disciplined and balanced -able to think correctly and accurately (2 Tim. 1:7)
- We must put off the "old man" and put on the new man (Eph. 4:17-32; Col. 3:1-25)
- He has given us a new nature (Rom. 5-8) -the capacity to think and live outside of "self" and draw from supernatural resources
- We must be renewed in the spirit of our minds (Eph. 4:23)
- We must think accurately (Rom. 12:3)
- We must first seek His kingdom (reign) + righteousness (Matt. 6:33)

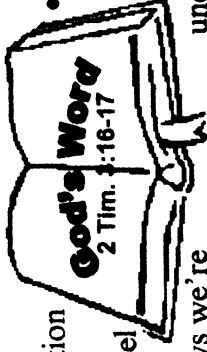
**Therefore, if I am to Interpret "Life"** accurately (God's way) and make wise decisions and right choices that honor God...

- I must meditate on the appropriate relevant Scriptures that relate directly to my struggle, so the "renewing" and "transforming" can take place!
- I cannot allow anything contrary to God's Spirit, Word or will, to "control" me. I must even go against my feelings if they are contradictory!
- I must replace all my potential wrong, selfish, foolish, worldly, distorted thinking with Biblical truth, wisdom and understanding. (Rev. 4:7)
- I need to humble myself, pray, seek the Lord and turn from my (wicked) ways (2 Chron. 7:14). It involves confession (1 Jn. 1:8-10) and repentance (1 Thess. 1:9. Prov. 28:13) also see Jn. 4:6-10. "Lord, give me wisdom, grace, help and understanding... change me... my heart." (Ps 51)
- I need to get connected to the Source (Jn. 15:1-17). There's no substitute for the Word and prayer.
- I need to start asking solution-oriented questions, write down a plan of action and apply what God's revealing to me that will assure victory.

-What does God want to teach me through this? (About Himself, myself, others, life...) -What does the Bible say about \_\_\_? How must I surrender to the Lordship of Christ at this time? -What Scriptural principles apply and shed light in these situations? What Biblical categories does \_\_\_ fit into? What is in my control out of my control? What is my responsibility? What exactly does God want me to do? What is God's revealed will in these matters? How does God want me to handle these relationships? How am I to change or respond to these circumstances? What do I need to accept? What do I need to relinquish control of, give up and/or let go of? What do I need to lay hold of (or trust in) regarding God's sovereign Perfection's, Plan, Promises, Principles, Purposes, Peace, Provision, Protection, Power, Perspective, Precepts, Person, (2Cor. 3:4-5; 2 Cor. 12:7-10), will, wisdom, way, working, grace, and timing? If I wait on Him (Is. 40:28-31) He promises to come through for me (Jer. 29:11-14; Rom. 8:26-39). What can I do that will bring God the greater Glory?

## BUT According to...

- Spiritual Input • God's Perspective
- Wise Instruction • Biblical Truth
- Godly Counsel • Scriptural principles, insights -that give us understanding of how life works
- How God says we're to live regardless of \_\_\_\_\_



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• We must be transformed by the renewing of our minds (Rom. 12:1-2)

• We must bring every thought captive to the obedience of Christ (2 Cor. 10:4-5)

• We must let the word dwell in us richly (Col. 3:16-17).

• This is how I experience the Spirit's control (Eph. 5:18-20)

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When I start asking the right questions and move in a solution oriented direction by seeking God and His will through His Word, He will begin to reveal and provide whatever I need. (1 Cor. 10:13; Ps. 84:11; Phil. 4:13-19) As I begin to "process" more and more of \_\_\_\_\_ (whatever I am experiencing...) through meditating on the Word of God, and praying it daily into my life, I will begin:

- Thinking more Biblically... correctly
- Knowing the truth that will set me free (Jn. 8:32)
- Focusing on the positive and not the negative
- Interpreting life more accurately
- Walking by Faith not by sight (2Cor. 5:7)

- Making right choices
- Responding victoriously to trials, testings and temptations
- Doing and saying that which is consistent with Gods Will (Rom. 12:1-2)
- Bearing fruit to the glory of God (Jn. 15:8)
- Walking in the light in truth, trusting and obeying God (Prov. 3:5-6)

The right (Biblical) thinking results in FAITH (Rom. 10:17) (Heb. 11) therefore I  
 -relinquish my control/agenda  
 -go against my fears  
 -go against my feelings  
 -surrender to God  
 -depend upon His \_\_\_\_\_  
 -say "not my will but Your will be done..." (Lk. 22:42)  
 -place confidence in the faithfulness of our Sovereign God. (Rom. 4:20-21)

**TRUE BEHAVIORAL CHANGES**  
 Actions Words and Responses that are Christ-like  
 -taking personal responsibility  
 -stop sinning  
 -replace \_\_\_\_\_ with righteousness  
 -restructuring my life  
 -following Scripture  
 -doing the will of God  
 -stepping out in obedience  
 -speaking words that build up  
 -living by faith-not feelings  
 -reconciling relationships  
 -giving thanks  
 -resolving problems  
 -loving, forgiving, serving, accepting, restoring, praying, giving, witnessing...  
 (Eph. 4:20-32)

FAITH results in obedience (Rom. 1:5)  
 God, in-fact, requires that we be doers of His Word -not just hearers (Js. 1:22-25)  
 ACTION -without works (outward evidence) faith is 'dead' useless, fruitless... (Js. 2:14-26)

Finally, here's where we overcome the negative... **EMOTIONS**- Right feelings become a reality -as a by product of right thinking and living -Remember my happiness is not the goal it is the result of obedience to God (Jn. 13:17)

**WHICH RESULTS IN the fruit of the Spirit (Gal. 5:22-23)** Love, security, belonging, Joy- satisfaction, fulfillment, happiness, blessedness (Jn. 15:11)  
 Peace- assurance of adequate resources (Phil. 4:6-9, 12, 19)  
 a result of trusting and keeping our minds stayed on HIM (Is. 26:3)  
 Success- (Josh. 1:8-9)  
 Sanctification- lasting change (1 Thess. 4:3-5)  
 Significance- purpose (Eph. 2:10) ministry  
 Abundant life- Jn. 10:10  
 Fruitful living (Jn. 15:1-17)  
 Freedom (not bondage) (Gal. 5:1)  
 Victory! (1 Jn. 5:4-5)

**WHICH REINFORCES (My relationship with the Lord)**  
 Knowing  
 Loving  
 Worshipping  
 Obeying  
 Serving  
 Pleasing  
 GOD  
**WHICH ultimately GLORIFIES GOD**  
 1 Cor. 6:20; 10:31;  
 Col. 3:17; 1 Pet. 4:11