



TRANSFORMATION

Continual Spiritual Maturing and Emotional Healing,
Empowered by God's Holy Spirit and Aiming toward
God's Son, all for our Father God!

1. Spend quality time with Jesus; as you become like him, you become your true self.
2. According to the lies you believe, write down key Scriptures in a small notebook to counter these lies quickly.
3. Instead of saying "I feel..." try "I think..." Then examine the validity of that thought. Your feelings you cannot help, but your thoughts are to be tried.
4. When you can't see yourself as God sees you, borrow someone else's vision until you can see clearly.
5. Write down one lie a day and throw it in a trash can. Any trash can will do.
6. Give yourself permission to be happy.
7. Stop manipulating your way to happiness; start expressing your needs verbally instead.
8. Write down your dreams and choose one to focus on today.
9. If you are afraid of it, do it.
10. Stop trying to be good; just worship the One who is.

