

An abstract graphic on the left side of the cover, consisting of numerous thin, overlapping lines in various colors (blue, green, yellow, orange, red, pink, purple) that swirl and flow downwards, creating a sense of movement and transformation. The background is a solid deep purple.

HOW TO GET FROM THE OLD TO THE NEW

Using The 3 Step Method

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The 3 Step Method

- 1 Make up your Mind
- 2 Put in the Work
- 3 Apply the Change

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:5

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the top right corner, there are decorative swirls in blue, green, and yellow. The paper appears to be a standard notebook or worksheet.

3 Thoughts

- I am completely alone, no one understands what I'm going through
- I am just not as pretty, smart or talented as her
- I can never change, this bad habit is just a part of who I am

What does it look like to take our thoughts captive and make it obedient to Christ?

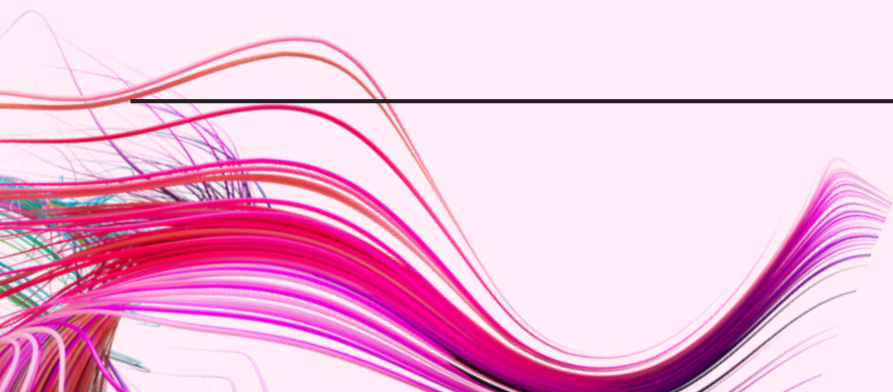
● Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you. -Deuteronomy 31:6

● You formed my inward parts; knitted me in my mother's womb. I praise you for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well
-Psalm 139:13-14

● Sin no longer has dominion over you because you are under grace, not law
-Romans 6:14

What does it look like to take our thoughts captive and make it obedient to Christ?

What Biblical Scriptures can you use to capture those thoughts?





Biblical Scriptures to help capture your thoughts

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord -Romans 8:38-39

**You did not choose me, but I chose you and appointed you that you should go and bear fruit
-John 15:16a**

God will not allow you to face temptation beyond your ability to endure, but if you can't, he will provide a way out -1 Corinthians 10:13

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. -Romans 12:2

**God gives you a new heart and new spirit, placing his Spirit within you to cause you to walk in his ways.
-Ezekiel 36:26-27**

**But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.
-1 Peter 2:9**

The 3 Step Method

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so I went up the valley by night, examining the wall. Finally, I turned back and reentered through the Valley Gate. The officials did not know where I had gone or what I was doing, because as yet I had said nothing to the Jews or the priests or nobles or officials or any others who would be doing the work. Then I said to them, “You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace.”

NEHEMIAH 2:15 - 17

What does “put in the work” look like for you in this season?

What work do you have to actively partake in to become more Christlike?

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- 2 Put in the _____
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Therefore, if anyone is in Christ, the new creation has come; the old has gone, the new is here.

2 CORINTHIANS 5:17

but i say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the spirit, and the desires of the spirit are against the flesh; for those are opposed to each other, to keep you from doing the thing you want to do

GALATIANS 5:16-17

Circle your Top 3

material abundance

pride

haughty eyes

arrogance

gluttony

laziness

lying tongue

overfed

unconcerned

hands that shed innocent blood

Genesis 18 -19, Ezekiel 16, Proverbs 6

sexual transgressions feet that are quick to rush into evil

sexual perversions

heart that devises wicked schemes

homosexuality, sexual immorality

false witness

sexual assault & violence

person who stirs up conflict

What are some listed sins
that you have experienced
or done to others?



What does it look like to apply the change?
What do you look back to, hoping for what was, or
wishing to go back to how things use to be?

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- 2 Put in the _____
- 3 Apply the _____

but Lot's wife looked back, and she
became a pillar of salt

GENESIS 19:26

Then Jesus said to him,
"Get up! Pick up your mat and walk."

JOHN 5:8

[illegible]

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