

# ONE THING

What is **ONE THING** we can change in 2022 that would improve our life?

Change makes us feel **UNCOMFORTABLE**.

Change requires leaving familiar behaviours, attitudes or friends behind that do not add value to our life.

**Big idea: CHANGE IS A PROCESS NOT AN EVENT!**

God is in the change business and His ongoing plan requires us to change.

***Romans 12:2 (nlt)** Don't copy the behavior and customs of this world, but let **God transform** (change) **you into a new person by changing the way you think**. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.*

Change starts with a **NEW WAY OF THINKING**.

- Knowing when to change is as important as change itself!
- Proactive change creates a pathway for a positive outcome.

- Reactive change maybe too late.

Jesus told a story in *Luke 13:6-8* about the **changing process**.

*(cev) Jesus then told them this story: A man had a fig tree growing in his vineyard. One day he went out to pick some figs, but he didn't find any. So he said to the gardener, "For three years I have come looking for figs on this tree, and I haven't found any yet. Chop it down! Why should it take up space?" The gardener answered, "Master, leave it for another year. **I'll dig around it and put some manure on it to make it grow.** Maybe it will have figs on it next year. If it doesn't, you can have it cut down."*

Change requires **VULNERABILITY**.

- Being vulnerable can make us feel insecure, exposed and unsure!
- Being vulnerable is being willing to identify our need for change.
- Being vulnerable requires a humble heart and a teachable attitude to allow God to shape us.

***Romans 9:21(ncv)** The potter can make anything he wants to make. He can use the same clay to make one thing for special use and another thing for daily use.*

# Change requires **DISCIPLINE**.

The change process requires adding or doing things that are uncomfortable or inconvenient.

- Discipline is delayed gratification.  
*“No pain, no gain.”*

- It will cost us something to grow.

*Luke 14:28 (niv) Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?*

- Being honest about our current reality is a good start for change.
- Our pride can cause us not to evaluate our situation honestly.

Once we *sit down and decide how much it will cost*, by evaluating our attitudes, behaviours, financial situation or physical condition, only then we will know what we have to change to achieve that **‘one thing’**.

**What is ONE THING you can change in 2022 that would improve your life?**