

THE POWER TO



Change

A butterfly with orange and black wings is perched on a green stem with leaves. The butterfly is the central focus, with its wings spread. The background is a soft, light green gradient.

Why Do We Stay Stuck?

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Change

A hand holding a pen, with a word cloud of self-help related terms. The words are in various colors (green, yellow, brown) and sizes, arranged around the central text 'Self Help'.

life change success determination
activity job improvement overcome coach strength definition
motivate presentation focus achieve university sport successful personal
healthcare associated presentation focus achieve university sport successful personal
health solution aspiration emotionally education effort
development emotionally exercise coaching confidence
unique healthy career coaching lifestyle psychotherapeutic challenge doctor
family creative fitness support motivation belonging mind
medicine learn goal think treatment positive help idea business



The Self-Help Industry

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The Recovery Industry

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counseling

healthcare

positive

health

recovery

recession recover

psychiatric objective

motivational

physical

disaster message

therapist

rehabilitate recovering

government information economic future

wellbeing

rehabilitation analysis

depression

rehab

management overcoming improvement

fitness achieve

direction emergency

success overcome

therapy

addiction

financial

alcoholic

business training

concept

exercise

safety

survival problem

physiotherapy

service position **economy**

crisis injury

rehabilitation analysis depression rehab management overcoming improvement

addict communication finance critical employment broken medical broken

70% of individuals
struggling with alcoholism
will relapse at some point,
however, relapse rates
decline the longer
someone stays sober.

THE POWER TO




Change

RENEWAL JOURNEY



20 But that is not the way you learned Christ!— 21 assuming that you have heard about him and were taught in him, as the truth is in Jesus, 22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

- Ephesians 4:20-24, ESV



The Power to Change
starts with
new *knowledge*,
new *awareness*,
new *wisdom*.

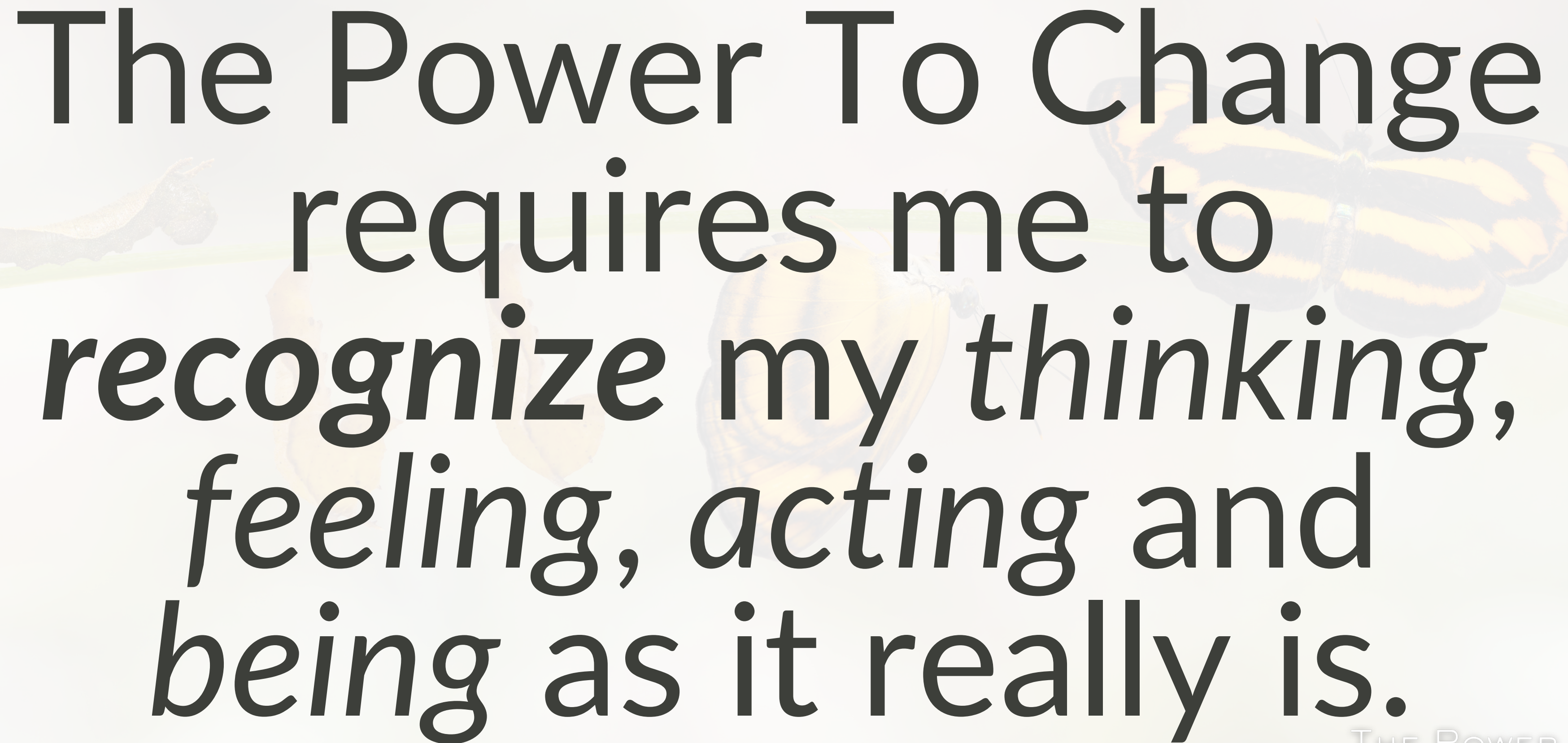
THE POWER TO
Change

RENEWAL JOURNEY



KNOW

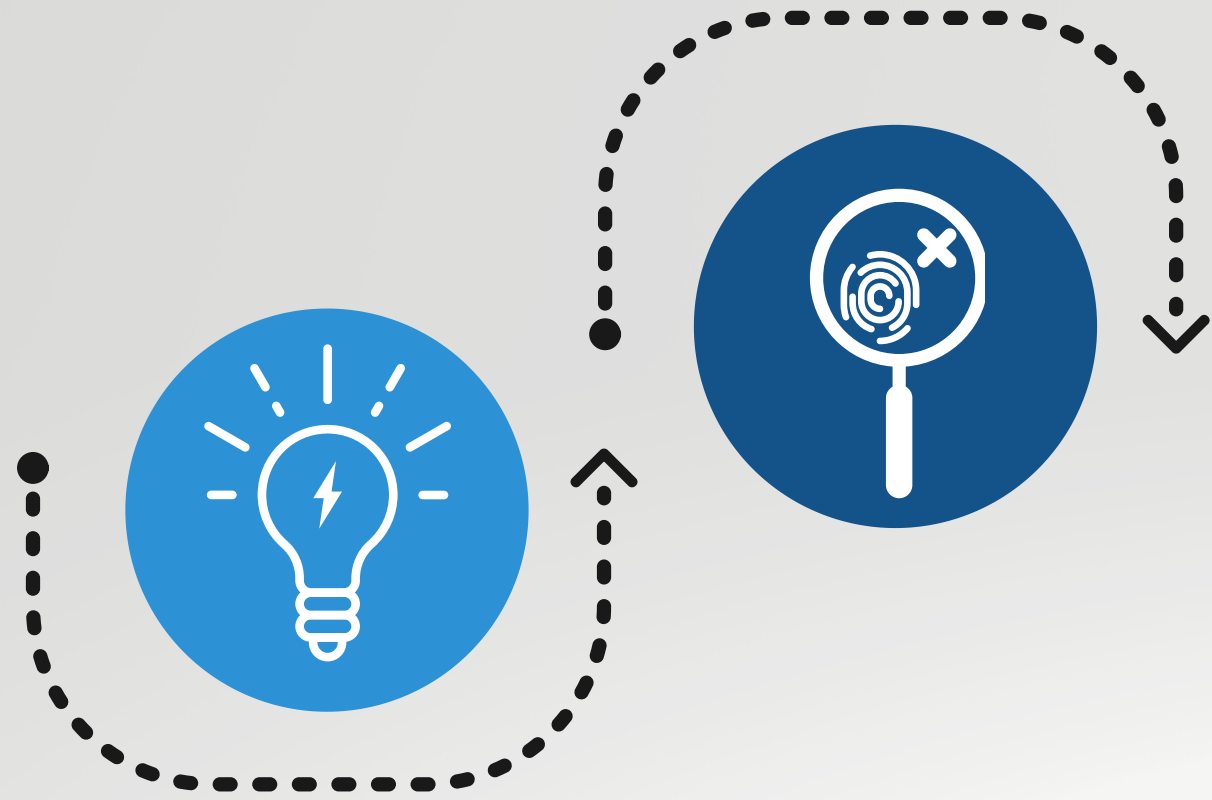
We *know* who we are and how we tend to show up in our thinking, feelings, actions and being through knowledge shared by others.



The Power To Change
requires me to
recognize my thinking,
feeling, acting and
being as it really is.

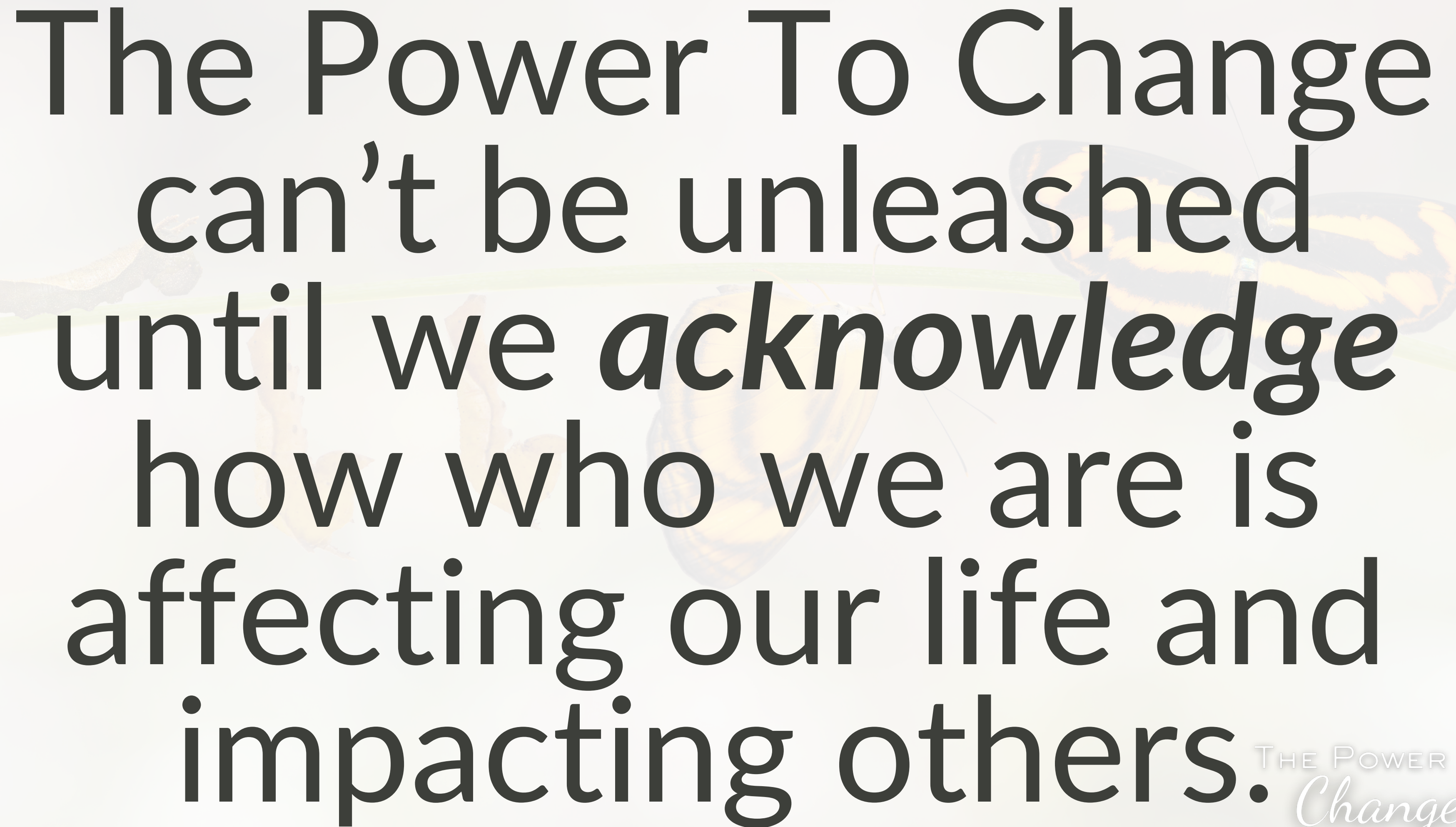
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RECOGNIZE

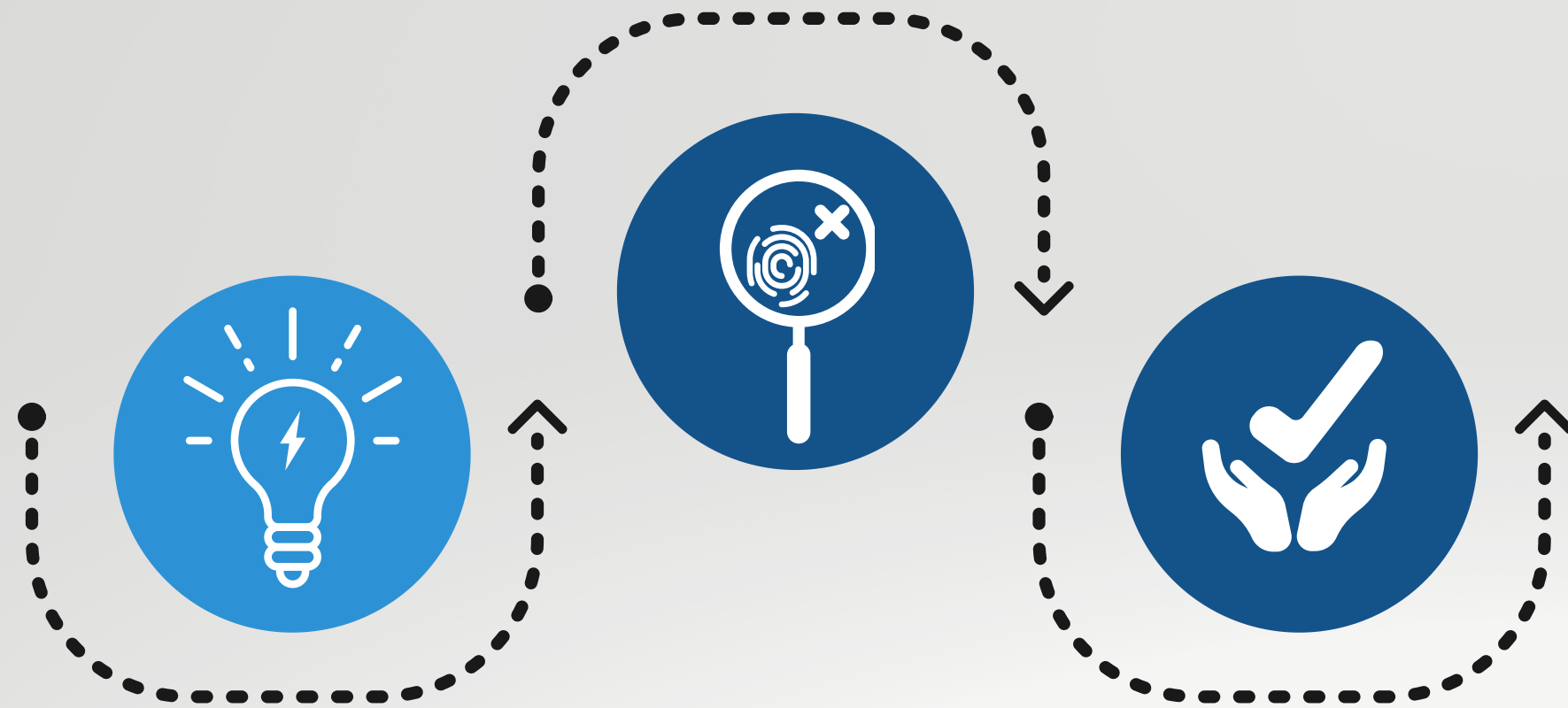
We *recognize* the shadow and all of the subtle ways it shows up. This is a life-long journey.



The Power To Change
can't be unleashed
until we *acknowledge*
how who we are is
affecting our life and
impacting others.

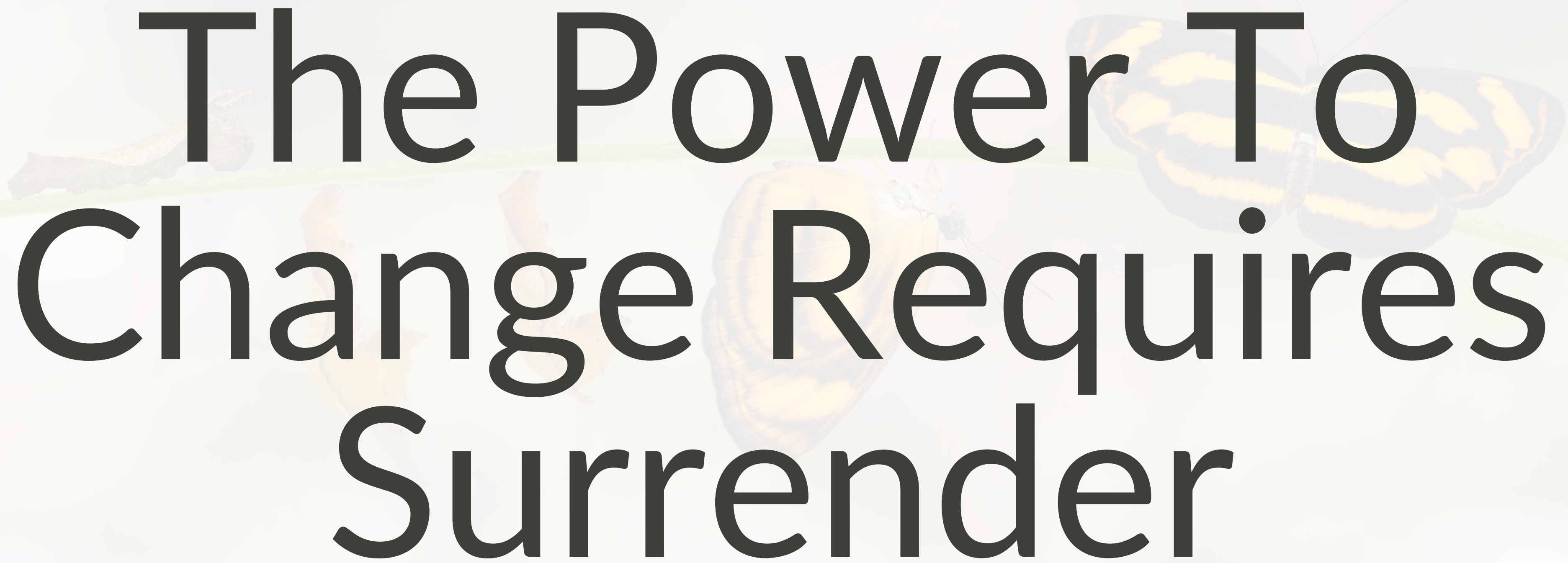
THE POWER TO
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RENEWAL JOURNEY



ACKNOWLEDGE

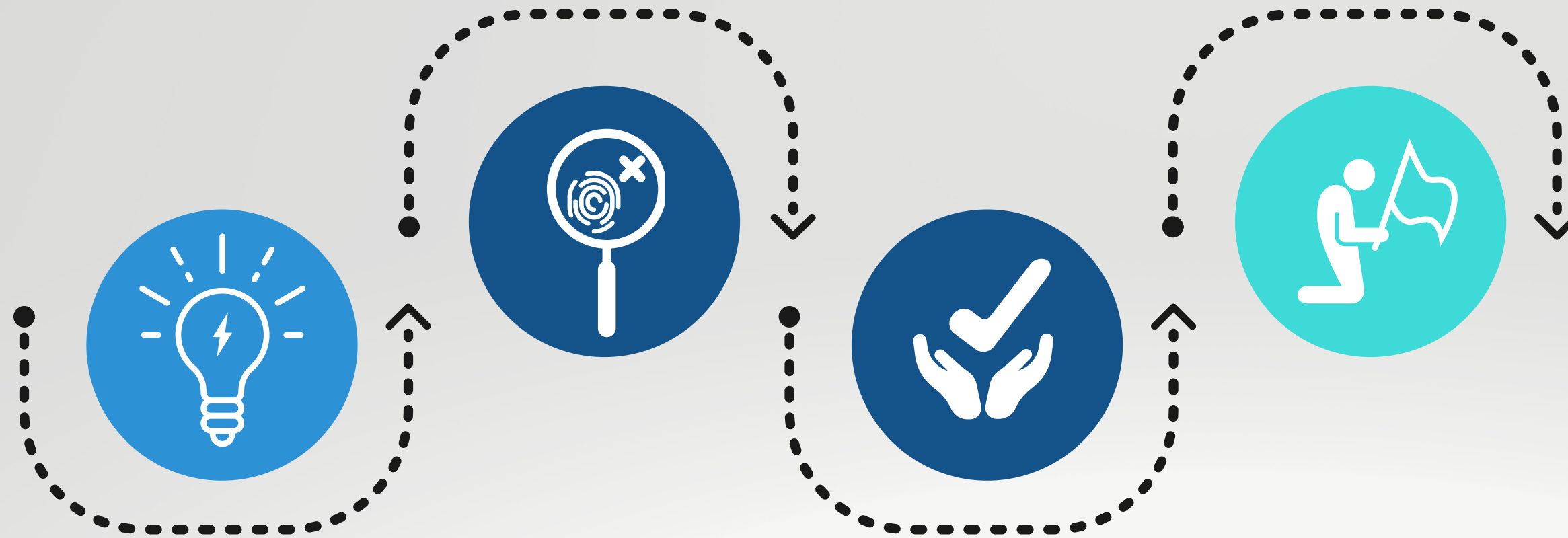
We *acknowledge* the reality of its impact on us and others.

The background features a soft-focus image of a green stem with several butterflies and caterpillars. One prominent butterfly is on the right, showing yellow and black stripes. Other butterflies and caterpillars are visible in the background, creating a sense of a natural, growing environment.

The Power To Change Requires Surrender

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RENEWAL JOURNEY



SURRENDER

We *surrender* to the Spirit of God by intentionally inviting the presence of Jesus into the shadow, not trying to “be acceptable” first.

The background features a soft-focus image of several butterflies with yellow and black stripes on their wings, perched on a thin green stem. The butterflies are semi-transparent, allowing the text to be clearly visible over them.

You Have To Let
Go...To Go
Forward

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Stop Trying.
Start Receiving.

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Change

*“and to be renewed in the spirit
of your minds,”*
Ephesians 4:23, ESV

A faint, artistic illustration of a butterfly's life cycle is visible in the background. It shows a green caterpillar on the left, a yellow and black chrysalis in the center, and a yellow and black butterfly on the right, all perched on a thin green stem.



*“and to be renewed in the spirit
of your minds.”*
Ephesians 4:23, ESV

*“Instead, let the Spirit renew
your thoughts and attitudes.”*
Ephesians 4:23, NLT

But the renewal is not a self-renewal. It is accomplished on believers, rather than by believers. It is something that happens to us by something outside of us.

“and have put on the new self, which is being renewed in knowledge after the image of its creator.”

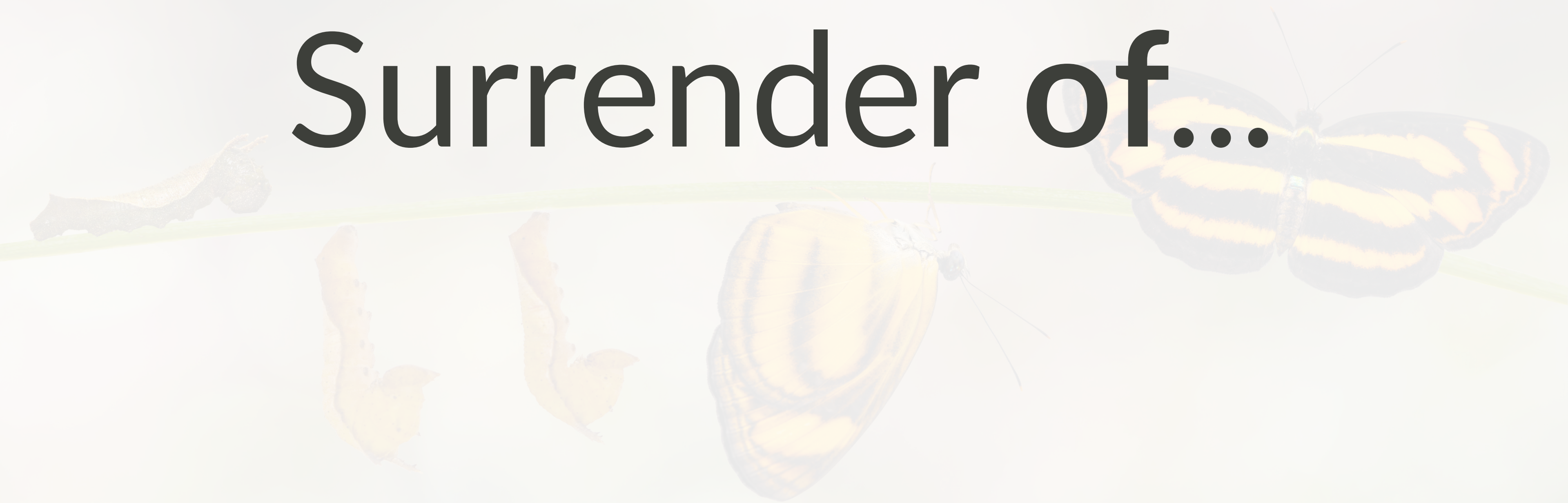
Colossians 3:10, ESV

A faint, artistic illustration of a butterfly's life cycle is visible in the background. It shows a green stem with a caterpillar on the left, a chrysalis in the center, and a butterfly on the right. The caterpillar is dark with lighter spots, the chrysalis is yellow and textured, and the butterfly has black wings with yellow stripes. The entire scene is set against a light, hazy background.

How To Surrender

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Surrender of...



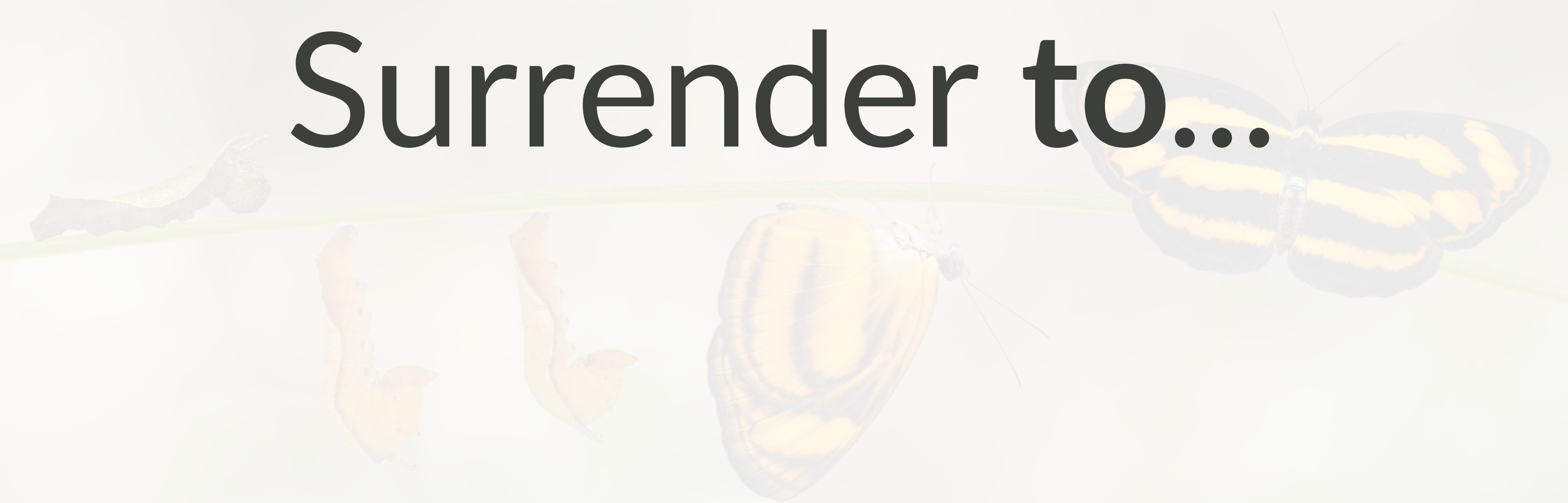
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A faint, light-colored illustration of a butterfly life cycle is visible in the background. It shows a caterpillar on the left, a chrysalis in the middle, and a butterfly on the right, all perched on a thin green stem. The text is overlaid on this illustration.

Surrender of...

The things you are
holding onto

Surrender to....



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A faint, light-colored illustration of a butterfly life cycle is visible in the background. It shows a caterpillar on the left, a chrysalis in the center, and a butterfly on the right, all perched on a thin green stem. The illustration is semi-transparent and serves as a decorative backdrop for the text.

Surrender to....

The work of the Spirit
of God

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RENEWAL JOURNEY



RECEIVE

We *receive* the provision of the Spirit's strength, truth and wisdom to move us away from the shadow and into the light of Christ.

A faint, artistic illustration of a butterfly's life cycle is visible in the background. It shows a caterpillar on the left, a chrysalis in the center, and a butterfly on the right, all perched on a thin green stem. The illustration is semi-transparent and serves as a backdrop for the text.

Receiving The Power To Change

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Surrender Your Life To Christ

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The background features a soft-focus image of several butterflies with yellow and black wings perched on a green stem. The butterflies are semi-transparent, allowing the text to be clearly visible over them.

How To Become A Follower of Jesus

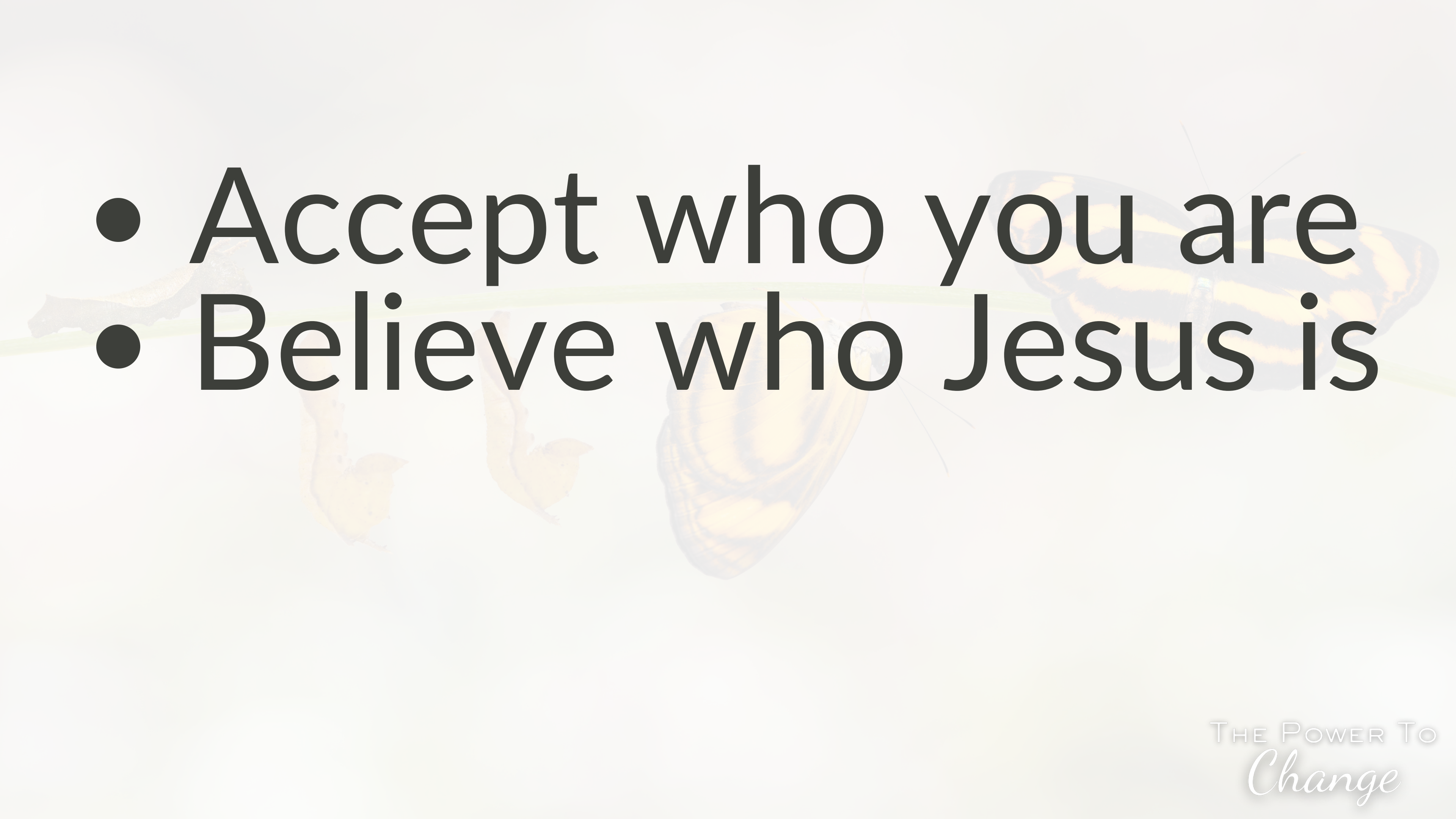
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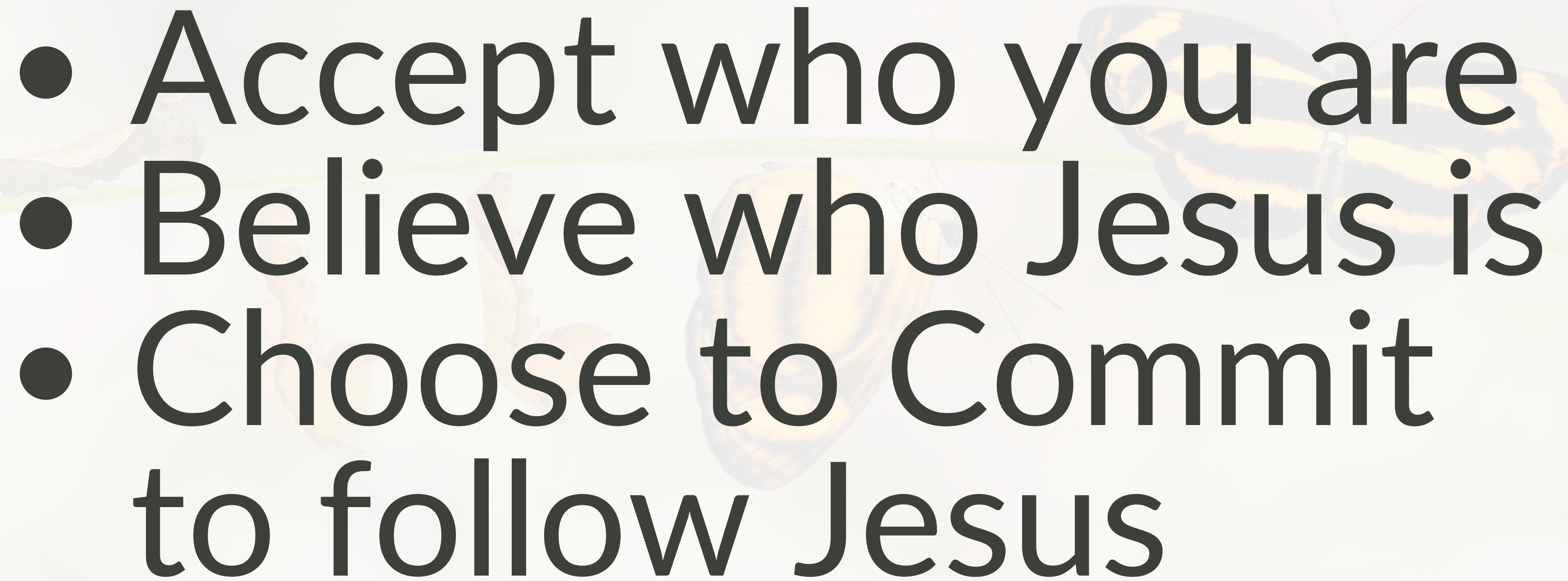


Say Yes!

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- Accept who you are

- 
- Accept who you are
 - Believe who Jesus is

- 
- A butterfly with yellow and black wings is perched on a green stem. The butterfly is positioned in the upper right quadrant of the image, with its wings spread. The background is a soft, light green gradient.
- Accept who you are
 - Believe who Jesus is
 - Choose to Commit to follow Jesus



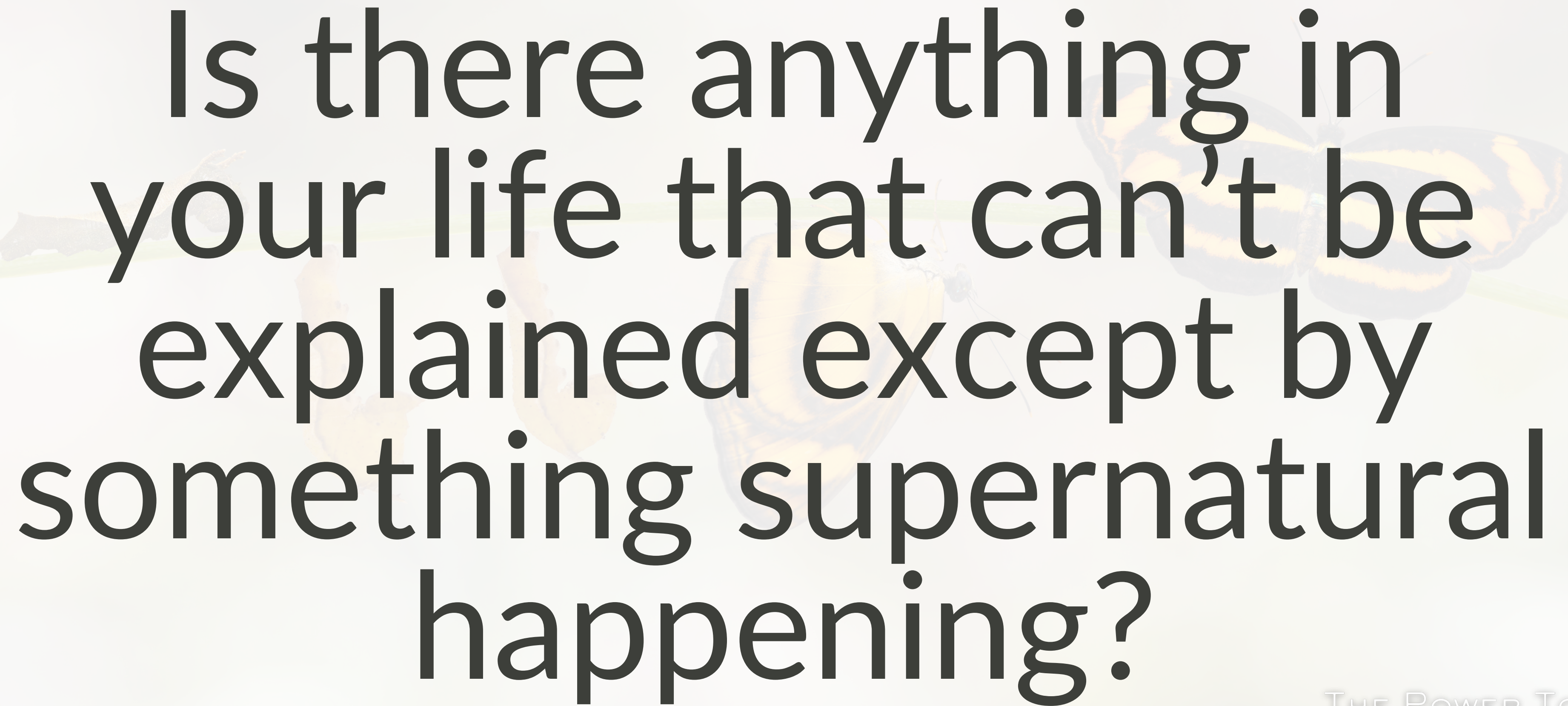
Stir The Spirit In Your Life

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A faint, light-colored illustration of a butterfly life cycle is visible in the background. It shows a caterpillar on the left, a chrysalis in the middle, and a butterfly on the right, all perched on a green stem. The text is overlaid on this illustration.

Practice Dependence

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The background of the slide features a soft-focus photograph of several butterflies, including monarchs, on a green field. The text is overlaid on this image in a large, dark grey, sans-serif font.

Is there anything in
your life that can't be
explained except by
something supernatural
happening?

The Easiest And Hardest Place To Start



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The background of the slide features a soft-focus image of several monarch butterflies perched on a green stem. The butterflies are primarily yellow with black markings on their wings. The overall aesthetic is clean and natural, with a light green and white color palette.

The Easiest And
Hardest Place To Start

-Your Finances

The background of the slide features a soft-focus image of several butterflies with yellow and black wings perched on a green stem. The butterflies are slightly out of focus, creating a serene and naturalistic atmosphere.

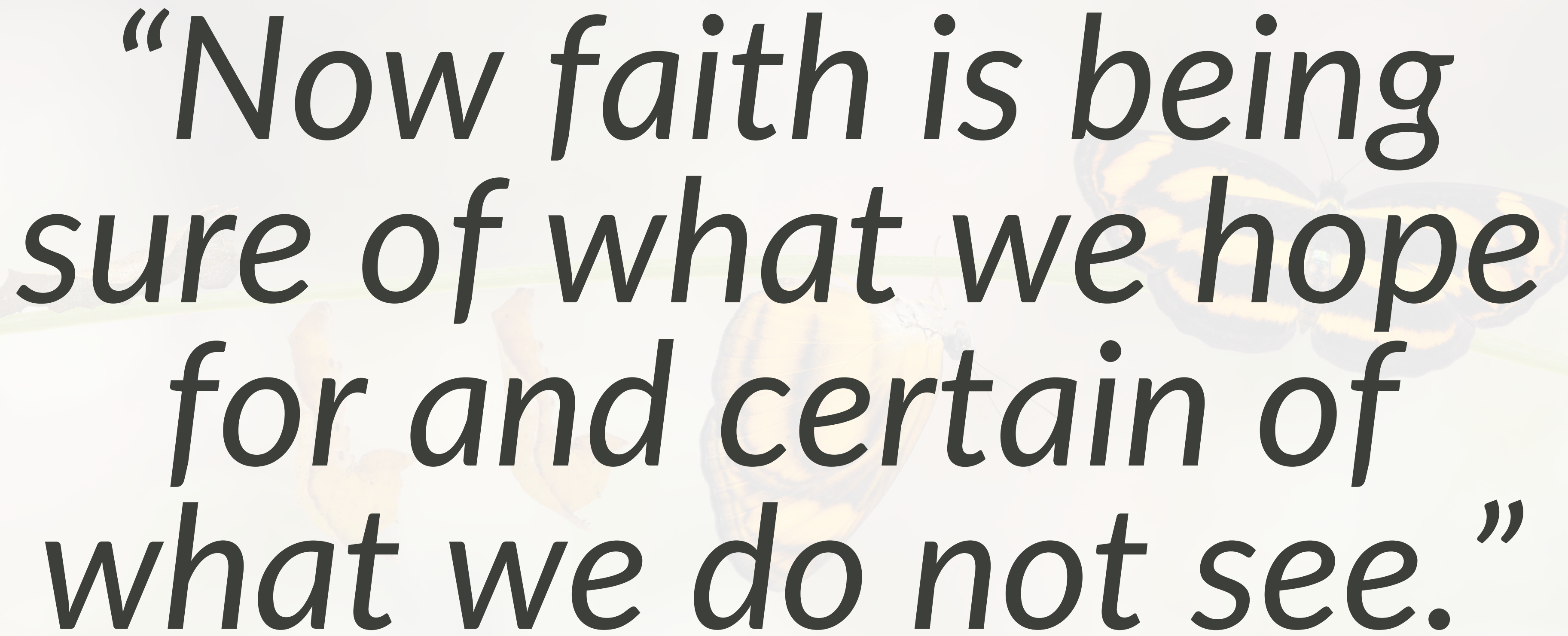
The Easiest And Hardest Place To Start

- *Your Finances*
- *Your Possessions*



Practice Faith

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The background features a soft-focus image of several butterflies with yellow and black wings, perched on a green stem. The text is overlaid on this background.

*“Now faith is being
sure of what we hope
for and certain of
what we do not see.”*

Hebrews 11:1, NIV

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A faint, artistic illustration of a butterfly's life cycle is centered on a horizontal green stem. From left to right, it shows a brown caterpillar, a yellow and black chrysalis, and a black and yellow striped butterfly. The background is a soft, light green gradient.

Practice Prayer

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“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”

Romans 8:26–27, ESV

THE POWER TO
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The background features a faint, light-colored illustration of a butterfly's life cycle on a green stem. From left to right, it shows a dark caterpillar, a yellowish chrysalis, and a butterfly with black and yellow wings. The text 'The Power To Change' is overlaid in the center in a large, bold, black font.

The Power To Change

THE POWER TO
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RENEWAL JOURNEY



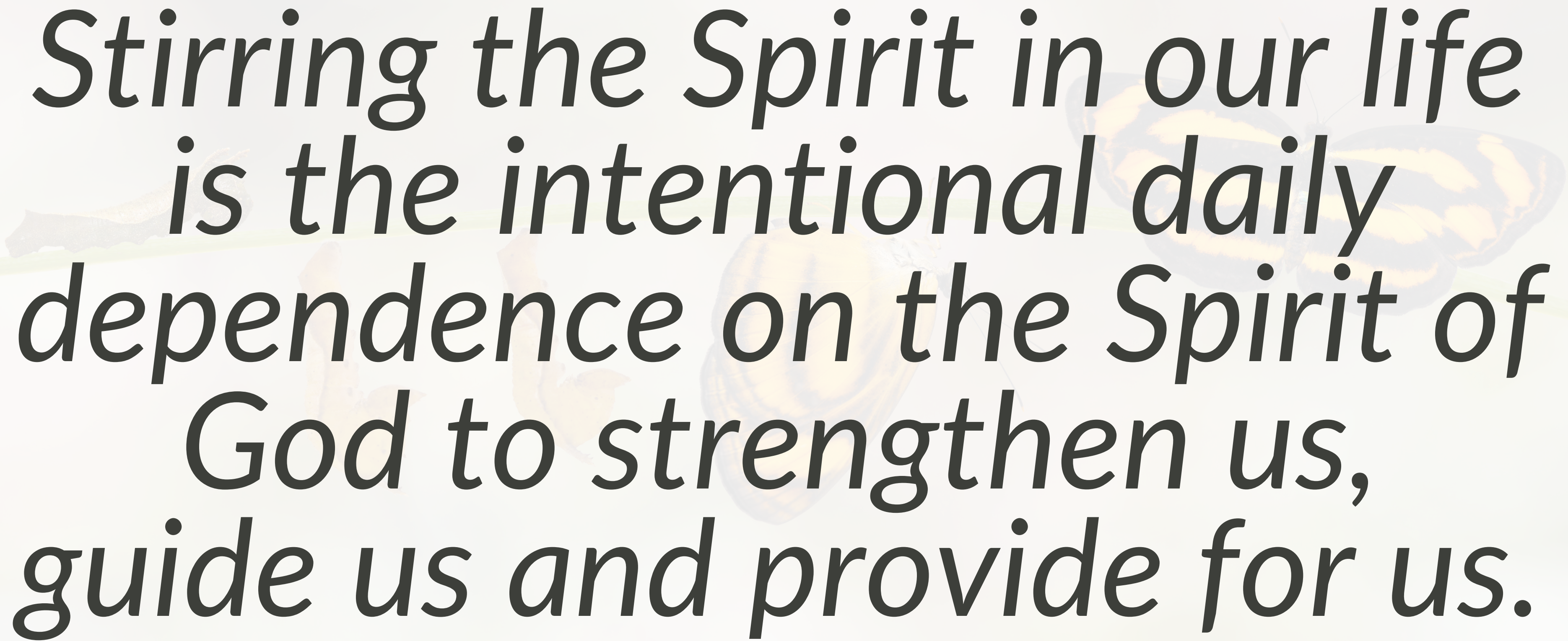
20 But that is not the way you learned Christ!— 21 assuming that you have heard about him and were taught in him, as the truth is in Jesus, 22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

- Ephesians 4:20-24, ESV

Renewal is not self-renewal. It is accomplished on you, rather than by you.

It is something that happens to us by something outside of us.

*Surrender to the Spirit of
God is the posture of
reception. Only in opening
your hand in surrender are
you able to receive the
power to change.*

The background of the image shows a soft-focus scene of several butterflies with yellow and black wings resting on a green field. The butterflies are scattered across the frame, with some in the foreground and others in the background, creating a sense of depth and natural beauty. The overall tone is peaceful and vibrant.

*Stirring the Spirit in our life
is the intentional daily
dependdence on the Spirit of
God to strengthen us,
guide us and provide for us.*

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Practice Stirring The Spirit

Do something...

- In *response* to the Spirit
- In the *power* of the Spirit
- In *trust* of the Spirit

Holy Spirit, be stirred up in my life. Let there be more of you infiltrating every part of me. I pray you will guide my thinking to make it new. I pray you will empower my doing, so it honors you and blesses others. I pray you would give my spirit courage to trust you more and follow you more courageously.

Thank you that you are forever present and forever faithful in my life. Be stirred up in me for the glory of God and so more people will see more of Jesus in me and through me.

Amen.