

## **SOP: How Does Transformation Happen—handout**

**Definition of transformation:** a change in form, nature, appearance or character (conformation=to adapt to a rule or structure)

Example: caterpillar becoming a butterfly—or gluing wings on a caterpillar

**In Christ** —I am a New Creation -II Corinthians 5:17

**Old is put off: Colossians 3:9**

**New is put on: Colossians 3:10**

### **Remember**

Psalm 11:3—If the foundations are destroyed-what can the righteous do?

- Remembering is critical for consistency of identity (to bring to mind)

**Revelation 2:5 —remember from where you have fallen**

### **Reorient**

- To change direction/focus/purpose
- Repent=to change direction-turn from sin (May seem unfamiliar at first)

**Rebuild the ancient ruins—Isaiah 61:4**

- To build something again after it has been damaged or destroyed

**Redeeming what has been lost or forfeited—**

- To buy back, recover or liberate someone from bondage, debt, captivity; to ransom

### **Relay/Reform/Rebuild**

- The wall in Jerusalem—52 days—

**Leaders called to set a new course—make the way clear for forward movement**

Isaiah 35: 8-9

Isaiah 62:10

### **Rebuilding the State of our Heart**

- **Check in: What is the state of your heart?**
- This is a key place for transformation
- Promise: Joel 2:28-29, Ezekiel 11:19, Jeremiah 24:7, Jeremiah 31:31-34
  
- **Habits are behaviors practiced long enough to become automatic**
  
- **They take time—developed due to frequency**
  
- **Habits require telling the truth—acting according to your true identity**
  
- **Habits take training—as a vine**
  
- **Habits function from a cue—need to recognize the old cues (triggers)in order to interrupt them—and to form new cues**
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- **Habits need to become routine—consistency is key to developing new patterns**

- **Habits require some form of motivation—convictions—reward—What will provide satisfaction or relief**