

BECOMING WHO GOD MEANT ME TO BE

The Daniel Plan – Part 4 of 5

Six Principles of Change:

1. Principle of Dedication: Commit my body to God.

“Therefore, I urge you, brothers, in view of God's mercy, to offer YOUR BODIES as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.” Romans 12:1

First law of change: Change is my choice.

Three acts of worship

- Cleansing my body.

“...Let us purify ourselves from everything that contaminates the body and spirit, perfecting holiness out of reverence for God.” 2 Corinthians 7:1

- Caring for my body.

“No one hates his own body but lovingly cares for it, just as Christ cares for his body which is the church.” Ephesians 5:29

- Controlling my body.

“Each of you should learn to control his own body in a way that is holy and honorable.” 1 Thessalonians 4:4

“I discipline my body like an athlete, training it to do what it should...” 1 Corinthians 9:27 (NLT)

2. Principle of Concentration: Refocus my mind.

“Do not conform any longer to the pattern of this world but be TRANSFORMED by the renewing of your mind.” Romans 12:2

Second law of change: To change my life I must change my model.

3. Principle of Evaluation. Humbly assess my current state.
“Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.” Romans 12:3

Third law of change: I can only manage what I measure.

4. Principle of Cooperation. I must get group support.
“Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others.” Romans 12:4-5 (NLT)

Fourth law of change: Change requires community.

5. Principle of Affirmation: Fill my life with love.
“Don't just pretend that you love others. Really love them. Hate what is evil. Stand on the side of the good. Love each other with genuine affection and take delight in honoring each other.” Romans 12:9-10 (NLT)

“...Love is more powerful than death, stronger than the grave.” Song of Songs 8:6

Fifth law of change: Help comes to me when I help others.

6. Principle of Motivation: Nurture my enthusiasm.
“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:11-12

Sixth law of change: My power source is found in Christ.

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All scripture from the New International Version unless otherwise noted