

How To Change For The Better



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“ Until one realizes that one has created one’s own dysphoria, there can be no motivation to change. As long as one continues to believe that distress is caused by others, by bad luck, by and unsatisfying job; in short, by something outside oneself, why invest energy in personal change? In the face of such a belief system, the obvious strategy is not therapeutic, but activist: to change one’s environment.” –Erwin Yalom

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2 Cor. 3:18



- Perception (Isaiah 6:1-5)
- Passion (Luke 15:17-18)
- Promises (2 Peter 1:4)
- Performance (James 1:22-25)
- Perseverance (Rom. 2:6,7; 1 Tim. 4:16)