

Levels of Change – Notes

Levels of change refers to how effective each level is at helping us to change what is hurting us, controlling us or keeping us from realizing our true identity; who we are from God's perspective.

We tend to think levels of change are about climbing a ladder of self-improvement. Changing external things to affect the outcome of an internal issue doesn't give us the results we want.

Trying, even very hard, when we use the wrong tools adds to our challenges instead of making progress towards a solution. The wrong tools have to do with us being our own source and the diviner of our own destiny.

Using the right tools we are changing our beliefs, the renewing of our mind. As we believe differently we are leading ourself differently and even changing previous thought and behavior habit patterns.

The believer no longer has their own life, but the life of Christ in them. Jesus did not just die for what you have done. He died for who you are. Freedom is about becoming the person you are created to be. Salvation is not a theory, something we study, it is something we do. We receive a new spirit that contains God's nature to replace our old nature. As a new creation we are now a new self not a new expectation.

Five Levels of Change

Identity

Belief

How we perceive God and ourself

Capabilities

Behavior

Thoughts and our Feelings

Environment

Environment:

When trying to control our environment we believe changing our environment will change us. We are already in bondage to a false truth. When letting our circumstances define us we become a victim of what others are doing to us or not doing to us.

Our circumstances cannot dictate our freedom or the lack of it. Freedom is about becoming the person we are created to be.

Behavior:

Freedom is neither the absence of acting certain ways or doing certain things. Our thoughts and our feelings are the root of our behavior. Using our mind to change our behavior is like arm wrestling ourselves. This mindset establishes performance as the value system for our worth in the moment. Behavior is the fruit of the problem not the root.

The way we act affects our environment; the people around us and even the atmosphere. Therefore, behavior puts environment under it.

Capabilities:

The thinking in our heart (our beliefs) determines our capabilities. I could never... I would do.... These are like a thermostat telling us to turn it on or to turn it off based on what we believe. Self-image is an example. What we see in the mirror is not always our current reality of what others see when they look at us.

Belief:

Belief and a thought is not the same thing. A thought is resident in our mind. A belief resides in our heart. A belief is over our heart not under it. Everything passes through the filter of what we believe before it gets into the heart. A belief fulfills itself in our experiences, our perception.

Proverbs 23:7

As a person thinks in their heart, so are they.

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

Most of us as our own source for truth rely on our experiences to validate and verify what truth is. Sometimes what we believe doesn't agree with what the Bible says so that we think our experience through the lens of our belief contradicts the Bible as true. When we change our source for truth to our Creator, our own self-image and beliefs can begin to line up with God's truth that doesn't change.

Proverbs 21:2

All a man's ways seem right to him, but the LORD evaluates the motives.

Information will change our thoughts. Hearing God, having revelation will change what we believe. I.e. Saul's meeting Jesus on the road to Damascus.

What we believe about God shapes how we respond to Him. Since we are made in His image this also shapes how we see ourself.

Identity:

The truth we know that sets us free is not about knowledge, but belief with God as our Source revealing our true identity. Our thinking, regardless of what that is, cannot change our identity.

Our identity is the blueprint in the heart of God when He created each and every one of us. The world tries to correct things from environment to behavior to capabilities. Jesus, through His death and resurrection reveals our true identity changing what we believe about ourself. This is reflected in our capabilities, our behavior and how we affect our environment.

Questions for Discussion

What are 3 of the most frustrating situations in your life right now?

What solutions have you attempted to apply to those situations? Did they work?

Can you identify some wrong tools you've been using and how they affected you?

Have you tried changing things outside of you hoping that would fix your problem?

What did you try to fix? Did it work? Why or why not?

What "good advice" have you gotten to help fix a problem? What kinds of things did that advice address?

According to our definition, what level of change did that advice fit into?

What experiences in your life don't match up with what God's Word says about you?