

I Quit... Returning To What Hasn't Worked How To Stop Repeating Your Mistakes

1. _____

a) _____

Proverbs 15:31 *Whoever heeds life-giving correction will be at home among the wise.*

b) _____

2 Corinthians 9:8 *And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. (ESV)*

c) _____

Hebrews 12: 7, 11 *Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?...No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.*

2. _____

John 5:6 *When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?"*

Key: Transformation starts when you decide _____

Key: _____

Wish: A desire for change without any grounds for believing it will

Hope: A desire for change with reasons for believing it will

What reason, other than the fact that I want this to be better, do I have for believing that tomorrow is going to be different from today?

Key: When it's just a wish, _____

Proverbs 26:11 *As a dog returns to its vomit, so fools repeat their folly.*

Proverbs 4:7 *The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.*

Turn to God in surrender

Key Questions for distinguishing a wish from a hope

- What has occurred before? The best predictor of the future is the past.
- **Is there anything in place that would make things different?**
- **If not, am I willing to sign up for more of the same?**
- **Do I want this same reality, frustration, or problem six months from now?**
- Do I want this same level of performance a year from now?
- Do I want to be having these same conversations 2 years from now?
- **What reason is there to hope that tomorrow is going to be different?**
- Am I different in some way that will make this work?
- Is the other person or persons different in some way that would make this work?
- Is the situation fundamentally different in some way that would make this work?

Is This Person Really Going To Change?

- Have they admitted they need to change?
- Is there verifiable involvement in a proven change process?
- Have they added additional structure and support? (A coach, mentor, support groups, trainer, etc.)
- Do they have a new monitoring system where someone is holding them accountable?
- Have they gained new experiences or skills?
- Are they "hungry" to make the changes or improve?
- Is someone skilled helping them?

Recommitment does not make a person who is unsuited for a particular position suited for it all of a sudden. Promises by someone who has a history of letting you down in a relationship mean nothing certain in terms of the future. Dr. Henry Cloud

We must be in touch with what is not what we wish things were or think things should be or are led by others to believe they are. The only thing that is going to be real in the end is what is.

Dr. Henry Cloud