

8 Keys to Unlocking Change

CHANGE: This is a topic that I talk about with my staff and colleagues often as we try and figure out how to move things forward. As I was sharing this material with my staff through a presentation entitled “212 degrees”... I realized that there was a lot of this material that seemed familiar to me and as I thought about it I realized that it was biblically sound. From that comes today’s lesson.

We are constantly being asked to change:

- Health
- Weight
- Diet
- Life style
- To do more
- To do less
- Technology
- Skills needed to do our jobs
- Job performance
- Pray more
- Study more
- Sin less
- Growing old
- On and on and on and on...

And honestly we do need to change, it’s called growing, maturing, learning, improving...

So why if we are constantly being asked to change, and it really is in our best interest, do we so often fight it? I think there are a lot of answers to that question that would speak to us and in an attempt to address a few of those answers I want to share with you what I think are 8 keys to unlocking change...

1. Make sure that the first exposure is GREAT! If I going to ask you to change I better make sure that what I am presenting you with is something that is attractive to you, is it worth it for you...

- Consider what God did when He presented the Church to us and called us to repent/change, Acts 2:22...
- How do we present the Church to others...

2. Any group is made up by 3 different types of people:

- 5-10% Superstars, self-starters, self-motivated...
- 80% backbone, external motivation necessary...

- 5-10% *Mediocre*. Tend to be negative and resist change...

3. We have to stop giving power to negative people. Who are God's Superstars? Our church leaders need to be our Superstars, consider Ephesians 4:11-16...

Too often we have defined the strength of a group by comparing it to a chain – A chain's strength may indeed be defined by its weakest link but the church's strength, a group's strength, is defined by its SUPERSTARS! And of course the Church's first and foremost superstar is Jesus Christ. Give me an example of when God gave power to negative people? We can see times when He took it away from negative people. So if God won't do it why would we? Matthew 7:2

4. Where do we start? Real change has to come from our superstars and I believe that as a congregation we have done a marvelous job of putting our superstars in leadership positions. But, we need to think about this in the context of ourselves. We need to remember the lesson of 212 degrees, one extra little effort can produce real change, consider II Timothy 2:19b-26...

5. Behaviors versus Beliefs, sometimes you just have to do it before you believe it.

- For example: Raise the Praise, Minimize the Criticize, if you want to change relationships in your life apply this rule...
- Matthew 6:14-15, forgiveness...

6. Emotions and Logic, The biggest inhibitor to change is often fear. Only emotions make change possible. Winning the argument (LOGIC) seldom touches the heart (EMOTION). Change, real long lasting change, will only happen when the heart has been touched, Acts 2:37...

7. Change must be acted on quickly with intent and design. The rule is, take actions within 100 hours. I think the problem here is that procrastination kills motive and drive. Let's not forget that in the spiritual realm there are other influences that are working against us and when we give them time and opportunity Satan often wins. God has a plan for us, consider Matthew 28:16-20, Acts 1:7-8...

8. Change can not happen too fast. Consider Matthew 7:21-27... Remember sometimes, maybe most of the time, it only takes 1 degree to make all the difference in the world. Consider these margins of success:

- The average margin of victory for the last 25 years in all major PGA events combined was less than 3 strokes, the winners took home an average of 76% more in prize dollars.
- During the 2004 Summer Olympic Games the margin of victory was:
 - Mens' 200 meter freestyle 1.42 seconds
 - Women's 200 meter freestyle 0.59 seconds
 - Men's 800 meter 0.71 seconds

- Women's 800 meter 0.13 seconds
- Men's long jump 28 cm
- Women's long jump 11 cm
- The average margin for victory for the past 10 years in both the Daytona 500 and the Indianapolis 500 has been 1.54 seconds. The difference in the money between 1st and 2nd averages to be about \$657,492.00
- How many times has your football team lost because it was an inch short of making it into the end zone or making that much needed first down... not even instant replay could help...

This can all cause a lot of stress so let's wrap this lesson up with a little advice about handling stress in our lives...

Sin is stress, it's time to lay it down, maybe this is the change you need to make right now... why put it off?