

Busting
FREE

But let God transform you...



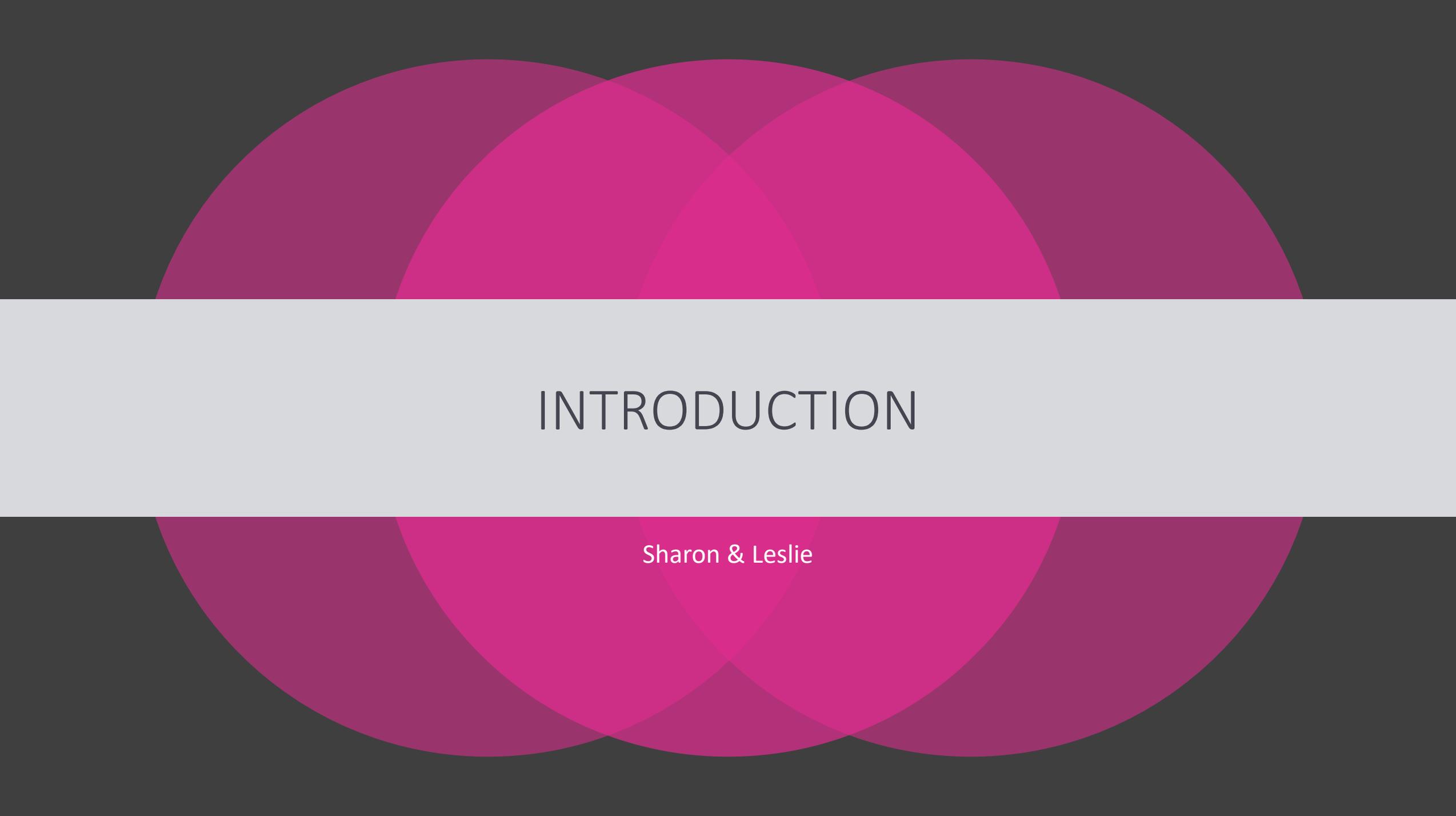
~ Romans 12:2

Transformation



ROMANS 12:2

Don't copy the behavior and customs of this world,
but let God transform you into a new person by
changing the way you think. Then you will learn to
know God's will for you, which is good and pleasing
and perfect.



INTRODUCTION

Sharon & Leslie



Welcome Friday Night

- Introduction to Busting FREE!
- Transformation Wheel

Transformation Wheel

- Denise Milianta
- Empower, Encourage, Equip, Educate, and Edify
- Transformation Wheel Tool & Instructions

TRANSFORMATION

- Greek meaning: Metamorphosis
- the process of transformation from an immature form to an adult form in two or more distinct stages.
- a change of the form or nature of a thing or person into a completely different one, by natural or **supernatural** means.

Transformation Take-Aways

Transformation requires a few things:

Changes to our thoughts

Removing old habits

Replacing old habits with new habits



Be kind to yourself along the way. Remember Satans' 5 D's

Doubt – Discouragement – Distractions/Diversions – Defeat - Delay

Intro Principle 1

Principle: Begin where you are and do what you can and leave the results to God.

“Do not despise these small beginnings, for the Lord rejoices to see the work begin.”

Zaccariah 4:10



Intro Principle 2

Principle: Give it your all!

“And don’t just do the minimum that will get you by. Do your best. Work from the heart for your real Master, for God,Keep in mind always that the ultimate Master you’re serving is Christ.”

Colossians 3:23-25 (MSG)



Transformation Wheel

Assess the 6 Pillars of the Transformation Wheel – determine which area you would like to start your personal transformation.

The goal of this worksheet is about balance and transformation.

Is your wheel a bumpy ride or smooth sailing?



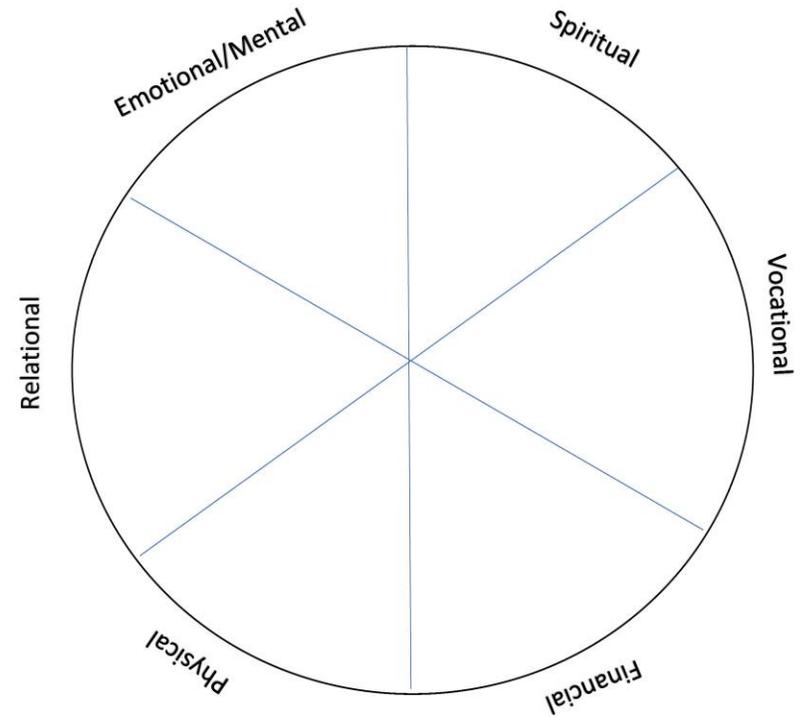
.... but let God **transform**
you into a new person by
changing the way you think.



Romans 12:2

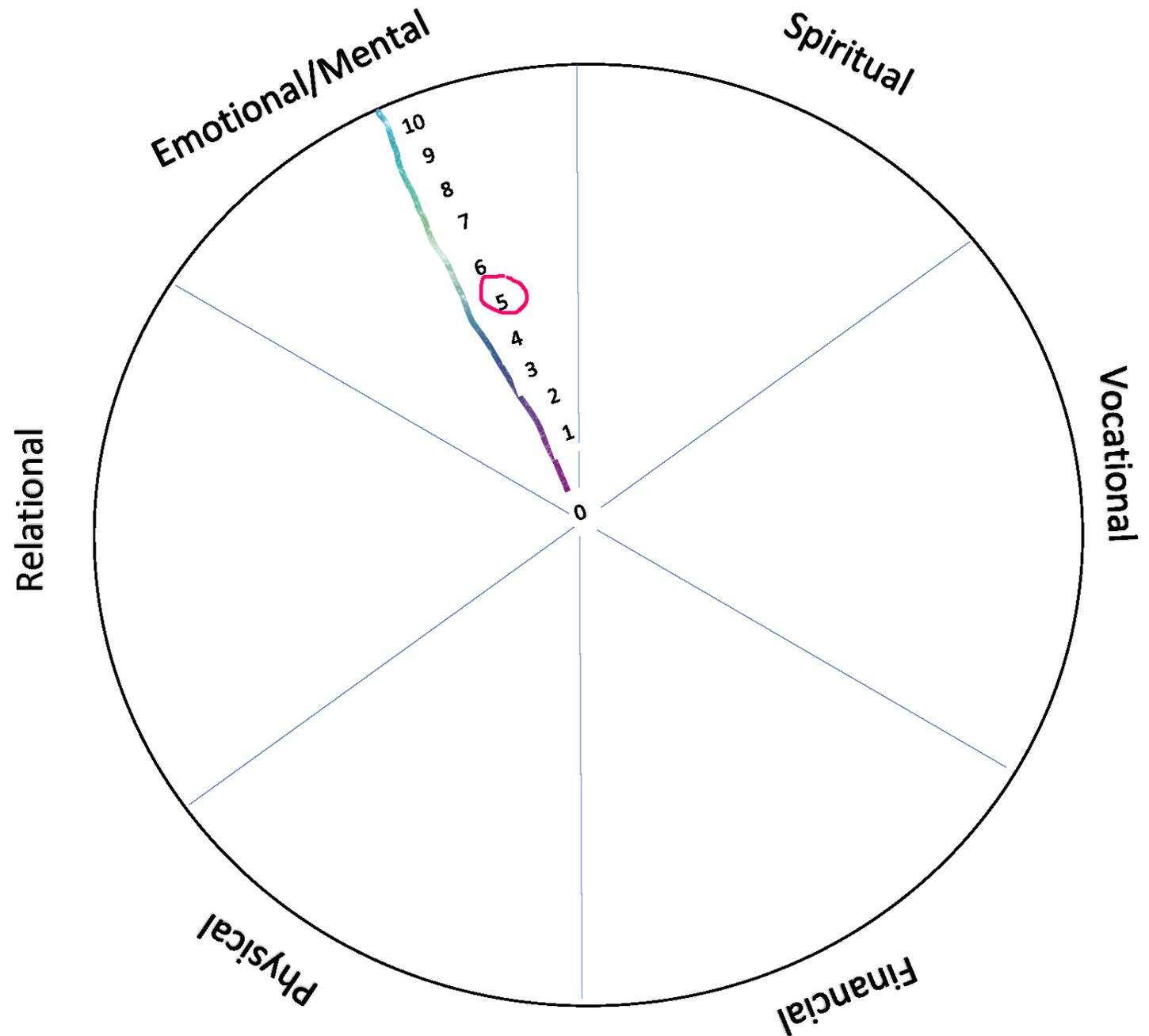


Transformation Wheel



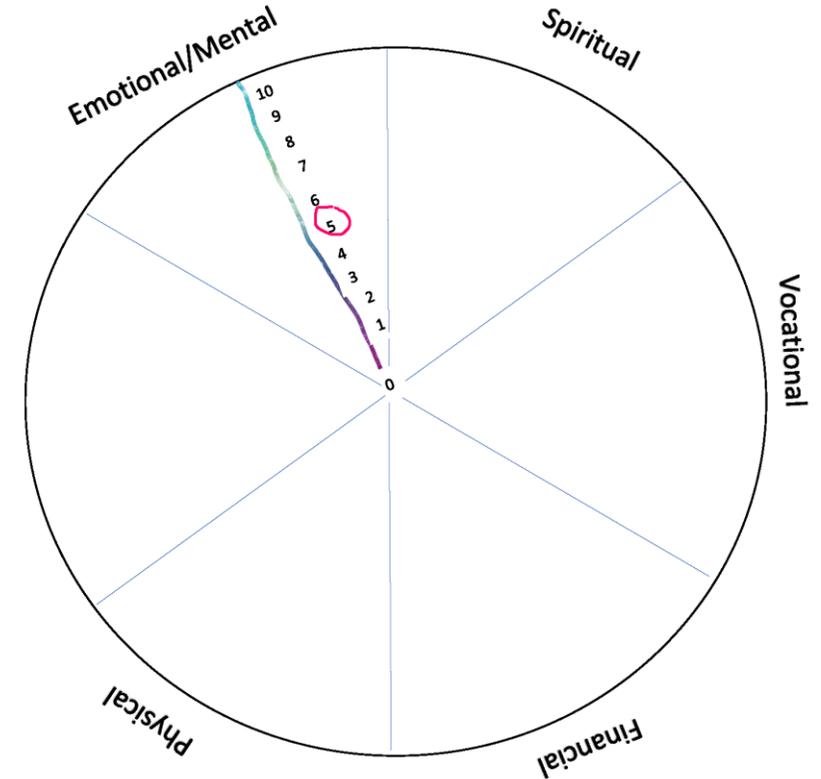
Fill in Wheel

- Draw a line through the center of each section
- Insert numbers 0 -10 starting at the center and working your way up



1. Are there any surprises for you?
2. How do you feel about your life as you look at your wheel?
3. How do you currently spend time in these areas? How would you like to spend time in these areas?
4. What would make that a score of 10?
5. What would a score of 10 look and feel like?
6. Which of these pillars would you most like to improve/transform?
7. How could you make space for these changes in your life?
8. What help and support might you need from others to make changes and be more satisfied?
9. What change should you make first? And what change do you want to make first?
10. If there was one key action you could take that would begin to bring everything into balance, what would it be?

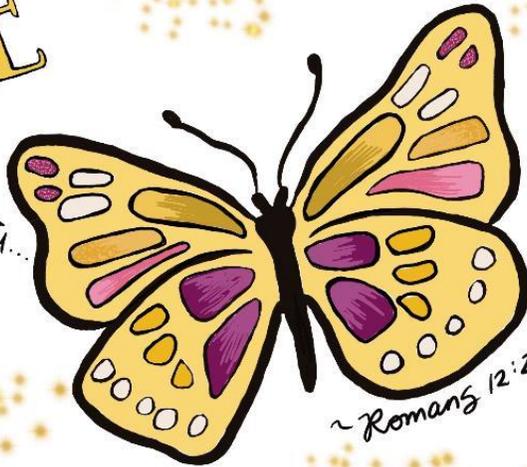
Transformation Wheel



Looking At Your Wheel

Busting
FREE

But let God transform you...



~ Romans 12:2



SPIRITUAL PILLAR

Sharon Scott

SPIRITUAL PILLAR

Sharon Scott



Seek first the Kingdom of God and His righteousness and all these things will be given to you as well.

Matthew 6:33

Quiet Time Spot



Stock it well.



SPIRITUAL PILLAR

Sharon Scott

PRINCIPLES

1. Schedule your time with Jesus
2. Find a quiet, cozy spot
3. Stock it well
4. Talk to Jesus-My Part
5. Let Jesus talk to you-His Part



SPIRITUAL PILLAR

Sharon Scott

TAKEAWAYS

- It's about progress, not perfection
- Abide
- **Challenge:** Take one thing you heard this morning and go deeper in your relationship with Jesus
- **Challenge:** Start having intentional, daily, intimate time with Jesus EVERYDAY





VOCATIONAL PILLAR

Sharon Scott

VOCATIONAL PILLAR

Sharon Scott



Whatever you do, work at it with all your heart, as working for the Lord, not man.

Colossians 3:23

VOCATIONAL PILLAR

Sharon Scott



Whatever you do, work at it with all your heart, as working for the Lord, not man.

Colossians 3:23

VOCATIONAL PILLAR

Sharon Scott

PRINCIPLES

1. It's not about the job.
2. This job is a test from God.
3. I must work enthusiastically where I am.
4. I must care about the people I work with.
5. I must exceed what is expected of me.
6. I must dedicate my work to be used for God's purposes.



VOCATIONAL PILLAR

Sharon Scott

TAKEAWAYS

- Warning: Don't say "I love my job".
- Kick the skunks and swat the bats.





FINANCIAL PILLAR

Denise Milianta

FINANCIAL PILLAR

Denise Milianta

The Cheerful Giver

The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.

2 Corinthians 9:6 (ESV)



FINANCIAL PILLAR

Denise Milianta

PRINCIPLES

- 1: Transformation only happens when we are operating in the mind of Christ.
- 2: When it comes to transformation – everything must be written down: Hab. 2:2
- 3: Application and transformation are inseparable. James 1:22 – Matthew 7:24



FINANCIAL PILLAR

Denise Milianta

PRINCIPLES

1: TITHE: You really CANNOT afford NOT to. Malachi 3:8-1 says we cheat God when we don't. We will be blessed when we do.

2: PLAN: Ahead

Habakkuk 2:2 instructs us to write the vision and make it plain so that he may run who reads it. You need to plan a budget – have a vision for your budget (a worksheet will be available on the website after the weekend.



FINANCIAL PILLAR

Denise Milianta

PRINCIPLES

3: SAVE – Be prepared for tomorrow.

There is precious treasure and oil in the house of the wise [who prepare for the future], But a short-sighted *and* foolish man swallows it up *and* wastes it. *Proverbs 21:20*

4: LEND: Be a lender; not a borrower

“Don’t be a slave to debt”. *Proverbs 22:7*

“Know the state of your flocks”. *Proverbs 27:23*



FINANCIAL PILLAR

Denise Milianta

PRINCIPLES

God wants us to show love, not offer sacrifices – God doesn't want our gifts when they are done out of ritual or hypocrisy.

Discomfort: is good for us, helps us to notice things we didn't see otherwise – it awakens you to love and the act of giving.



FINANCIAL PILLAR

Denise Milianta

PRINCIPLES

God's view of prosperity: God's prosperity plan relates to your entire life – all sections of the wheel. Be a spiritual millionaire first

Financial stewardship is the way you use the God given resources to provide for the needs of God's kingdom and your needs. It is not just your money, its all of you.



FINANCIAL PILLAR

Denise Milianta

APPLICATION

PLAN AHEAD with pitfalls in mind
Financial – plan to save \$\$ with each paycheck. You can set this up as auto transfers from one account to the next.

PREPARE FOR DISTRACTIONS

Financial: distraction of pleasure: God wants us to have fun and enjoy life, however, if you have a bill to pay don't choose to go away for the weekend.



FINANCIAL PILLAR

Denise Milianta

APPLICATION

STAY FOCUSED and listen to the small voice of God
Listen to the small voice of God and not the voice that tells you to go ahead and make the purchase on your credit card, that you deserve this voice and the voice that tells you can replace the \$\$ spent.

SPEND TIME WITH GOD and seek HIS help first!
All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. *2 Timothy 3:16-17*





PHYSICAL PILLAR

Denise Milianta

PHYSICAL PILLAR

Denise Milianta



Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So, you must honor God with your body.

1 Corinthians 6:19-20

PHYSICAL PILLAR

Denise Milianta

PRINCIPLES

• Treasure the temple

God is at home in and lives within you. When I practice this truth before each meal it changes my action. What would God choose? How is what I am about to put into my mouth/body going to affect the living God within me?

• ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So, you must honor God with your body. *1 Corinthians 6:19-20*



PHYSICAL PILLAR

Denise Milianta

PRINCIPLES

• TAKE BACK THE TEMPLE:

As followers of Jesus, looking after the body is important.

You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor *and* glorify God with your body.

- Don't miss that last line; **“Therefore honor God with your body.”** If we neglect our physical health according to this verse; we are dishonoring God!



PHYSICAL PILLAR

Denise Milianta

TAKE AWAYS

Our bodies are the living, breathing, and walking temple of God. What we chose or fail to choose will have implications on us – physically, financially, emotionally, relationally, spiritually.

As Christians, God has declared us new creations in Christ (2 Cor 5:17) so why am I over weight, health issues, stressed? Because I am not fully surrendered. Willpower will only take you so far.

Healthy Diets: HE lives in us and does things through our physical bodies. This is a spiritual discipline. We must honor our bodies. It is an act of worship.



PHYSICAL PILLAR

Denise Milianta

APPLICATION

PLAN AHEAD with pitfalls in mind

Physical – what are some healthy snacks you can grab in a hurry if out and about?

Plan day to day specifics:

- Meal plan

- Exercise

- Quiet time

- Rest

PREPARE FOR DISTRACTIONS

Physical: biggest one for me is distraction of busyness. This can also be distraction of pleasure (eating and drinking too much)



PHYSICAL PILLAR

Denise Milianta

APPLICATION

- **STAY FOCUSED:** Small steps – you each are created to make a difference and we cannot do this if we are neglecting our health – struggling to get thru each day – result leads to having no impact on the world. The small steps are **CRUCIAL** and the key to transiting from an unhealthy lifestyle to a healthy one.
- **The key to transformation:** Don't think about an extreme makeover; it will derail you. You will not see results. Minor improvements every day, every week, and every month
Surrender - Stop making excuses - Start taking small steps.



PHYSICAL PILLAR

Denise Milianta

APPLICATION

SPEND TIME WITH GOD and seek HIS help first!

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. *2 Timothy 3:16-17*



PHYSICAL PILLAR

Denise Milianta

GOD'S PROMISE

He **gives** power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those **who** trust in the Lord **will** find new strength. They **will** soar high on wings like eagles. They **will** run and not grow weary. They **will** walk and not faint.

Isaiah 40:29-31

Busting
FREE



Let God transform you...



MENTAL & EMOTIONAL PILLAR

Leslie Mears

MENTAL/EMOTIONAL PILLAR

Leslie Mears



“Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.”

Luke 12:6-7

MENTAL/EMOTIONAL PILLAR

Leslie Mears



“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:5

MENTAL/EMOTIONAL PILLAR

Leslie Mears



“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

Isaiah 43:2

MENTAL/EMOTIONAL PILLAR - Leslie Mears

Summary of what we need to know about our emotional and mind health transformational journey:

- We are human beings and we were made to experience a wide range of emotions.
- We have a God who has experienced human feelings as Jesus did on earth.
- Scripture says we **WILL** go through hard times of cocooning.
- God **PROMISES** that He will be there with us **THROUGH** it all and can transform our mind over to understanding, purpose and freedom in Him, if we let Him.





RELATIONAL PILLAR

Ishadar Garvey

RELATIONAL PILLAR

Ishadar Garvey



“As for me and my house we will Serve the Lord.”

Joshua 24:15

RELATIONAL PILLAR

Ishadar Garvey



Above all things have unfailing love for one another, because love covers a multitude of sins.

1 Peter 4:15



Eat your Elephant!

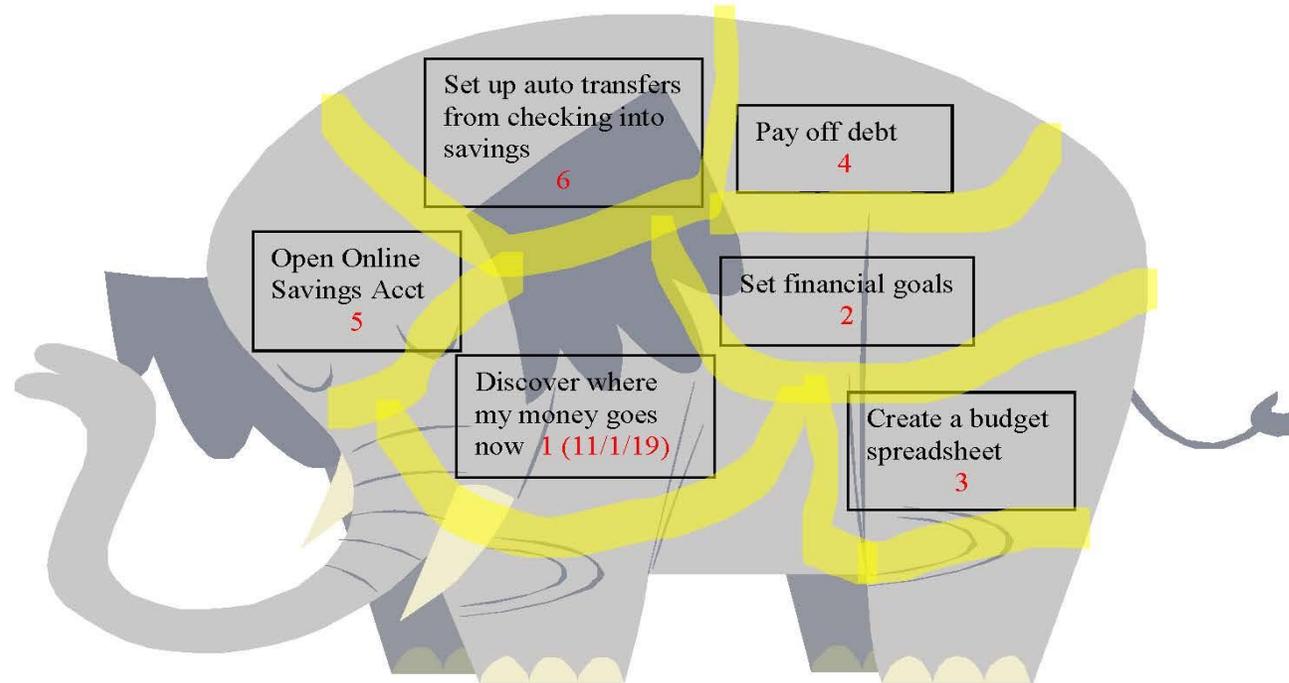
INSTRUCTIONS:

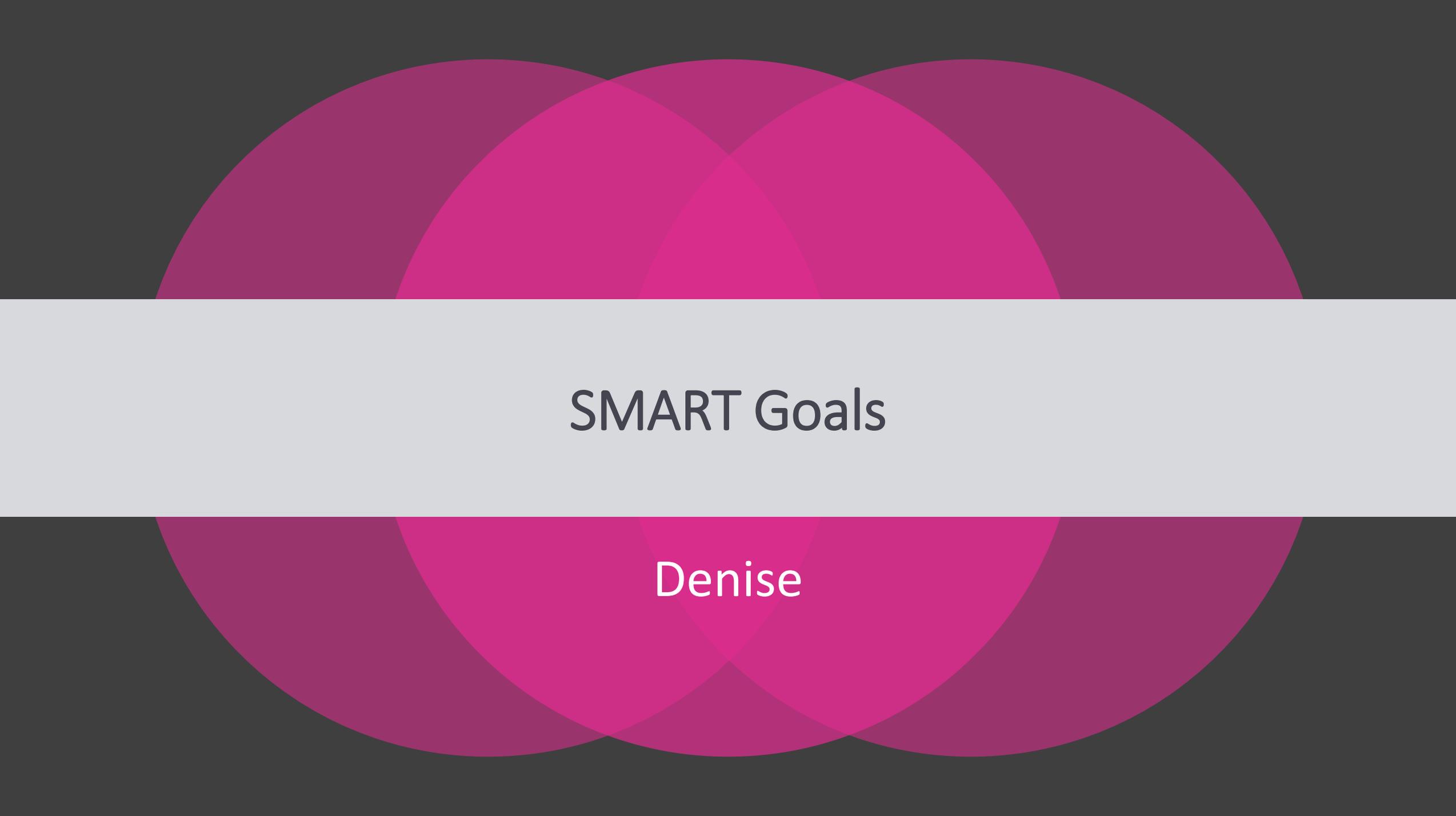
- So, write a short description of the project, goal or task here...**Financial Plan**.....
- Now using ...**Benji**...(name your elephant!) below, you're invited to brainstorm and write out everything you think you need to do on your elephant's body.
- Then simply circle 1 or 2 'bites' of action you feel you can take right now and write next to them the date when you'll do them by.
- Finally, put your elephant up on the wall somewhere and return to add actions you may think of, dates to complete by and to cross of the actions you've done.

Write your Elephant's name here:

BENJI

Denise's Elephant





SMART Goals

Denise

Is your goal
SMART?

GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND