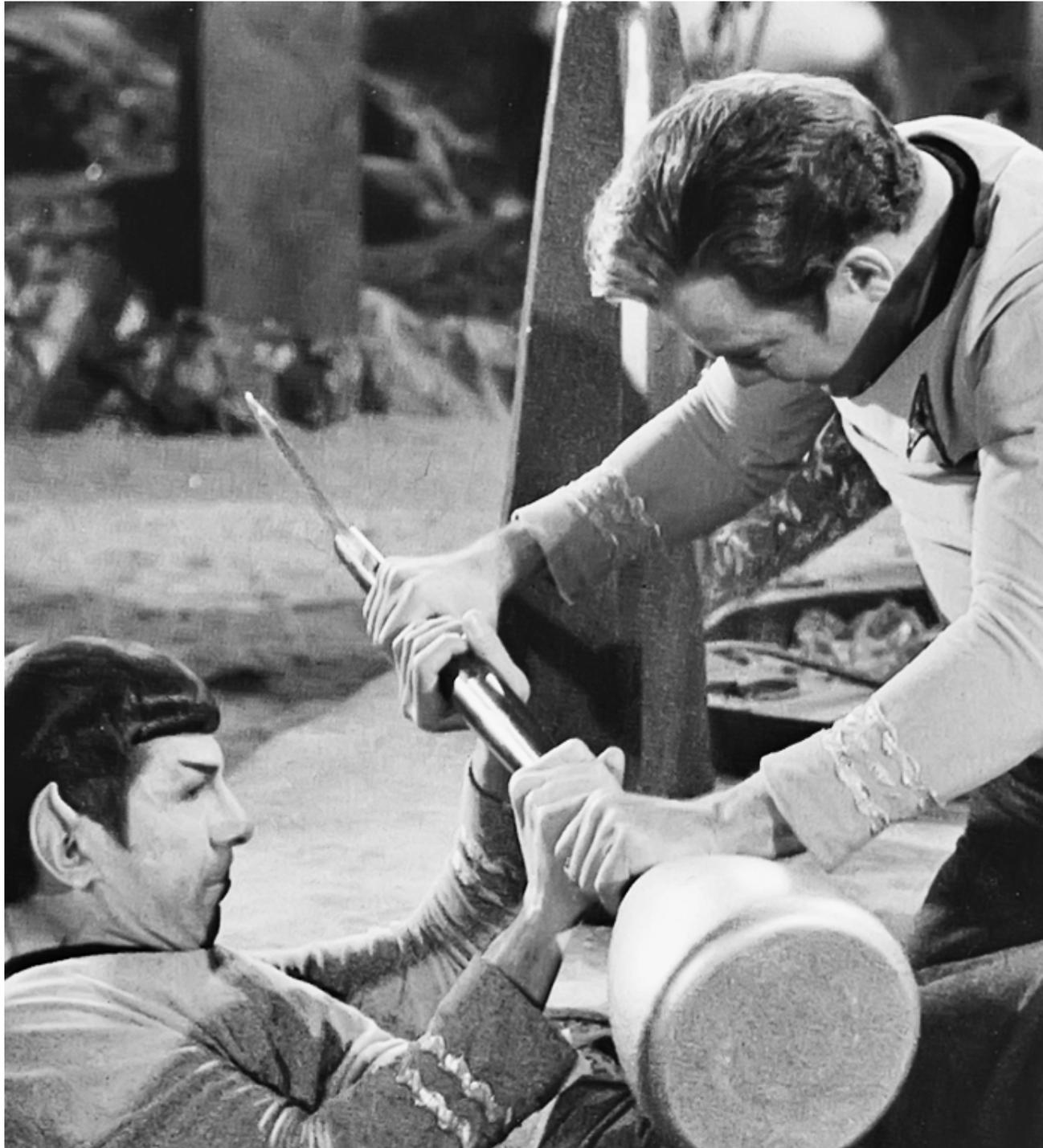




215 LBS JULY
2009

155 LBS MAY
2010



THE EPIC *INTERNAL* BATTLE



VS.

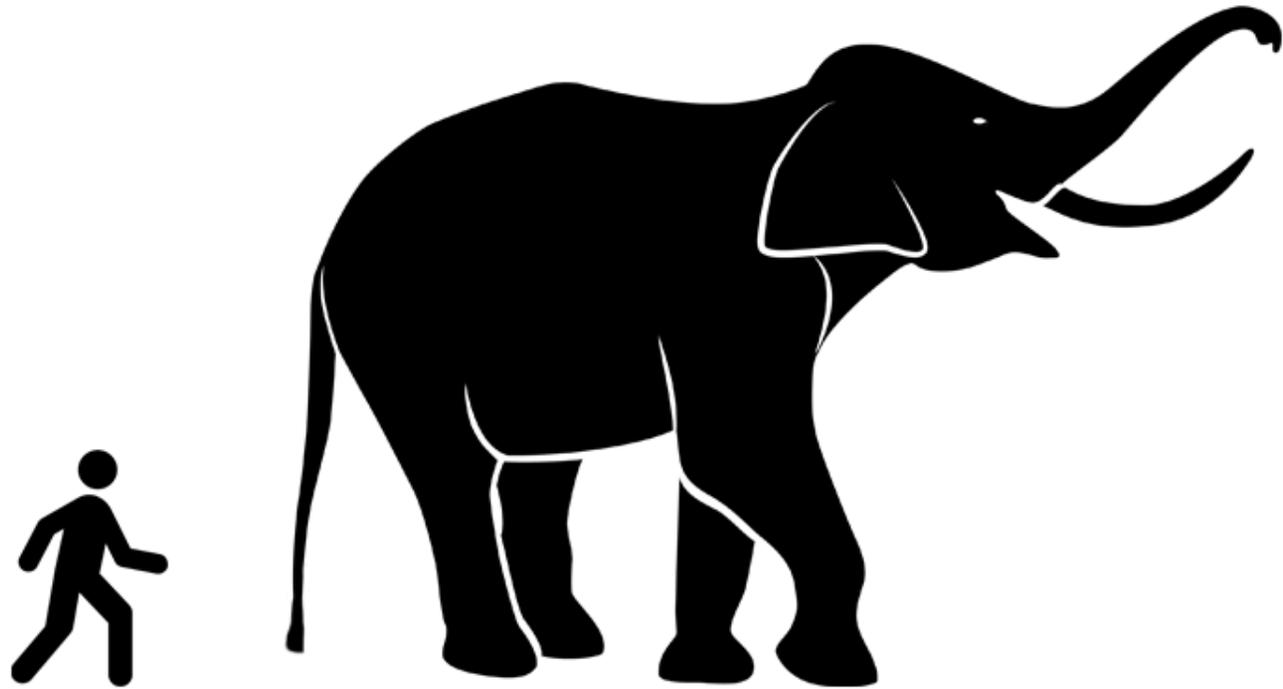


ROM 7:15-24

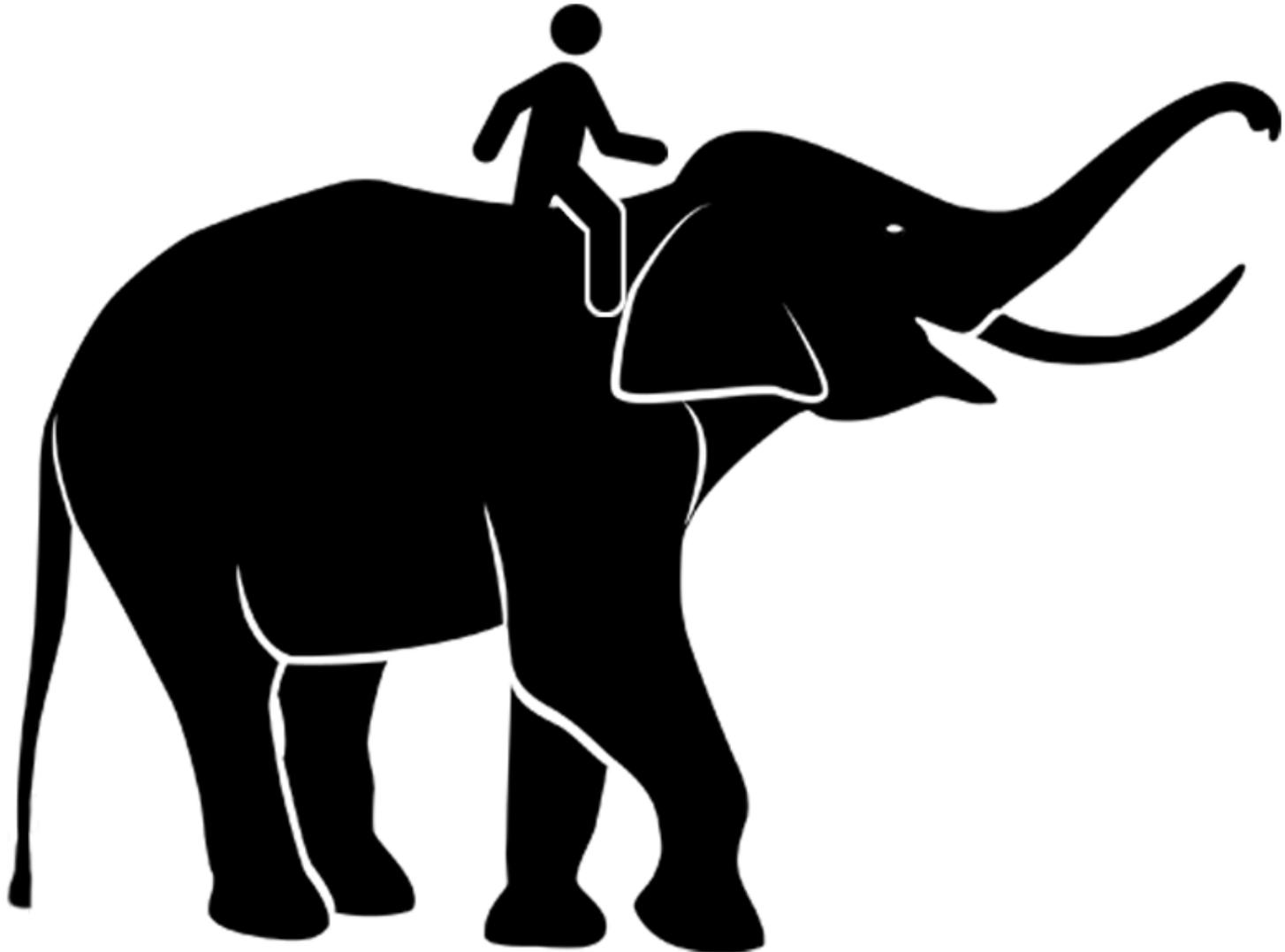
“For if, after they have escaped the defilements of the world through the knowledge of our Lord and Savior Jesus Christ, they are again entangled in them and overcome, the last state has become worse for them than the first.”

2 Peter 2:20

STRATEGIES FOR LASTING CHANGE

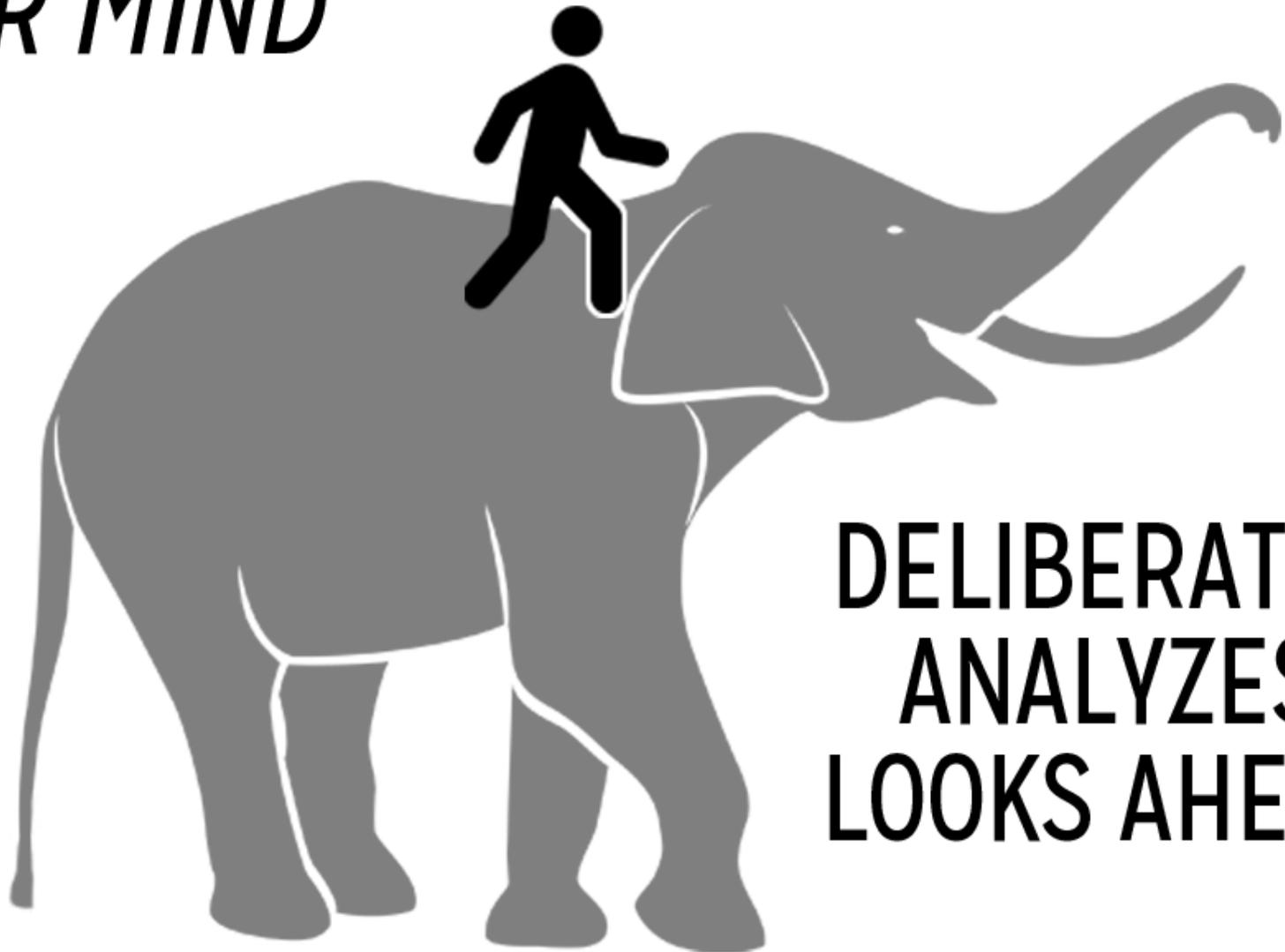


THE ELEPHANT & RIDER



THE RIDER

YOUR MIND



**DELIBERATES
ANALYZES
LOOKS AHEAD**

SIN

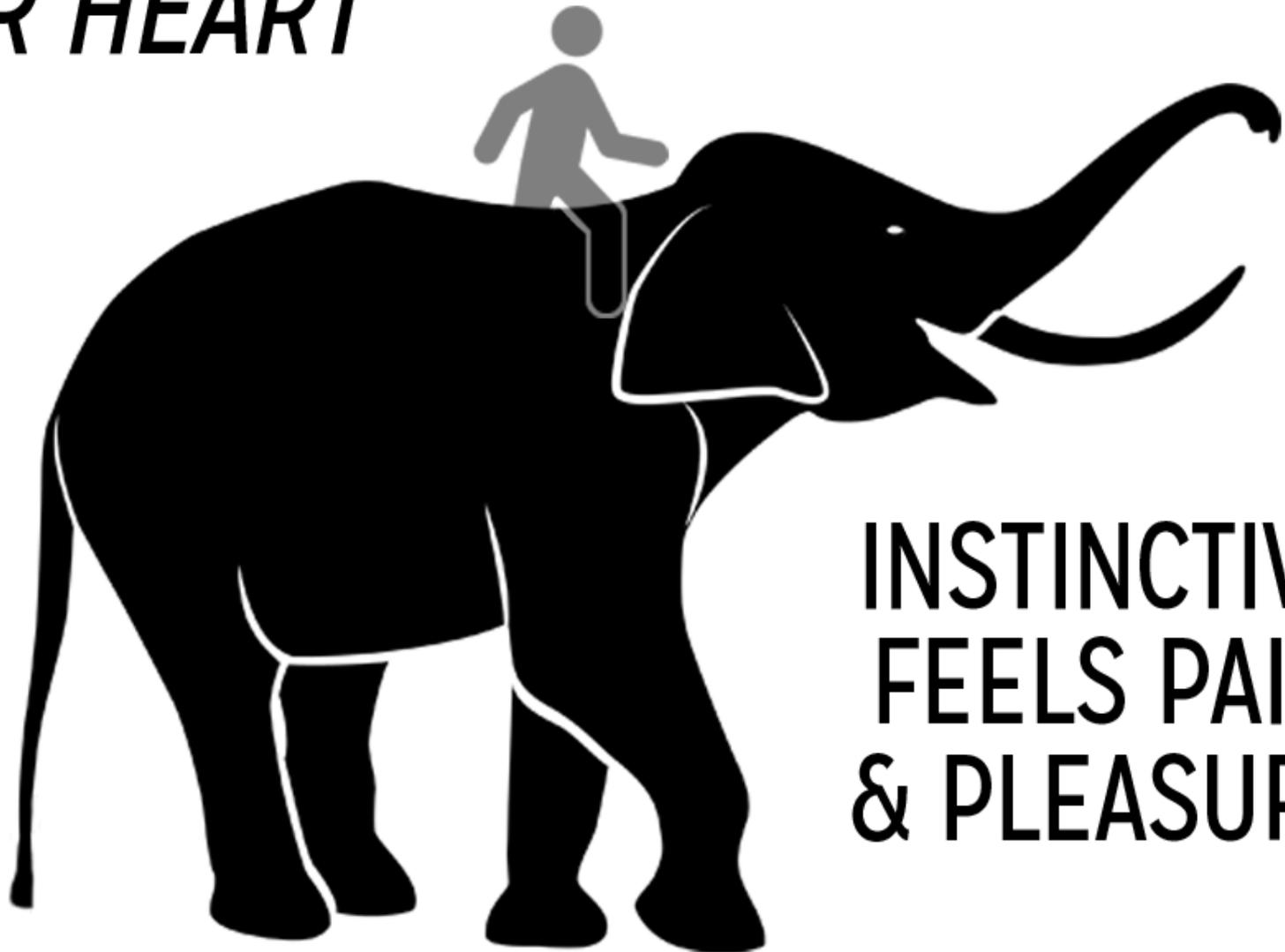
FEELS
GOOD



FOR NOW

THE ELEPHANT

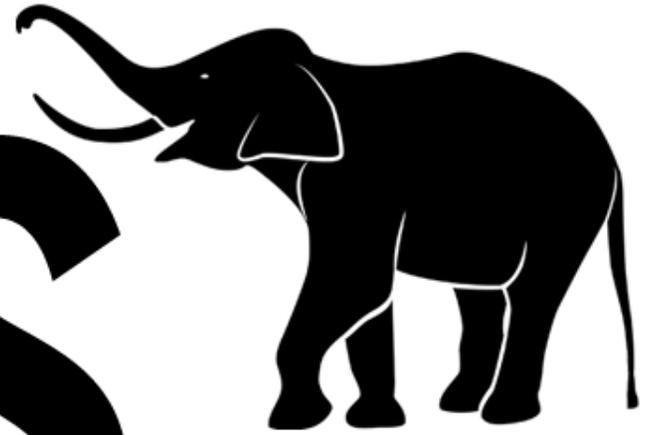
YOUR HEART



**INSTINCTIVE
FEELS PAIN
& PLEASURE**

SIN

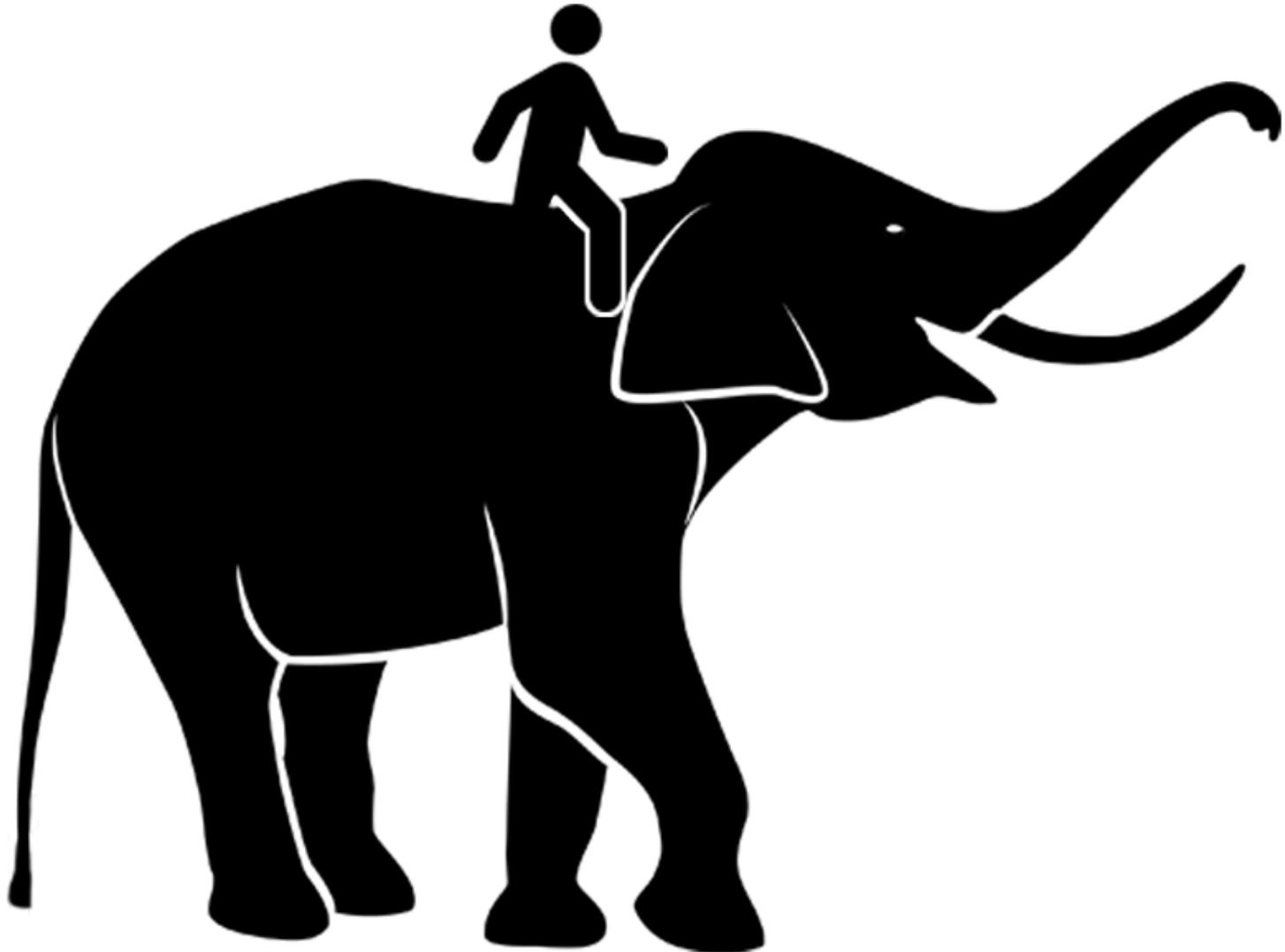
FEEELS



GOOD

FOR NOW

THE ELEPHANT & RIDER







DIRECT

MOTIVATE



DIRECT

MOTIVATE



DIRECT



SHAPE



**DIRECTING THE
RIDER** (your mind)



DIRECTING THE RIDER (your mind)

FOCUS ON THE DESTINATION

COLOSSIANS 3:2



DIRECTING THE RIDER (your mind)

FOCUS ON THE DESTINATION

COLOSSIANS 3:2

CREATE ACTIONABLE GOALS

NEHEMIAH 2:12-16



**MOTIVATING THE
ELEPHANT** (your
heart)



MOTIVATING THE ELEPHANT (your heart)

FIND THE FEELING

NEHEMIAH 1:1-4; 2:1



MOTIVATING THE ELEPHANT (your heart)

FIND THE FEELING

NEHEMIAH 1:1-4; 2:1

BE CONTENT WITH GROWTH

1 TIMOTHY 6:6



**SHAPING THE
PATH** (your
environment)



**SHAPING THE
PATH** (your
environment)

ALTER YOUR SURROUNDINGS

PROVERBS 5:8; 6:25-28



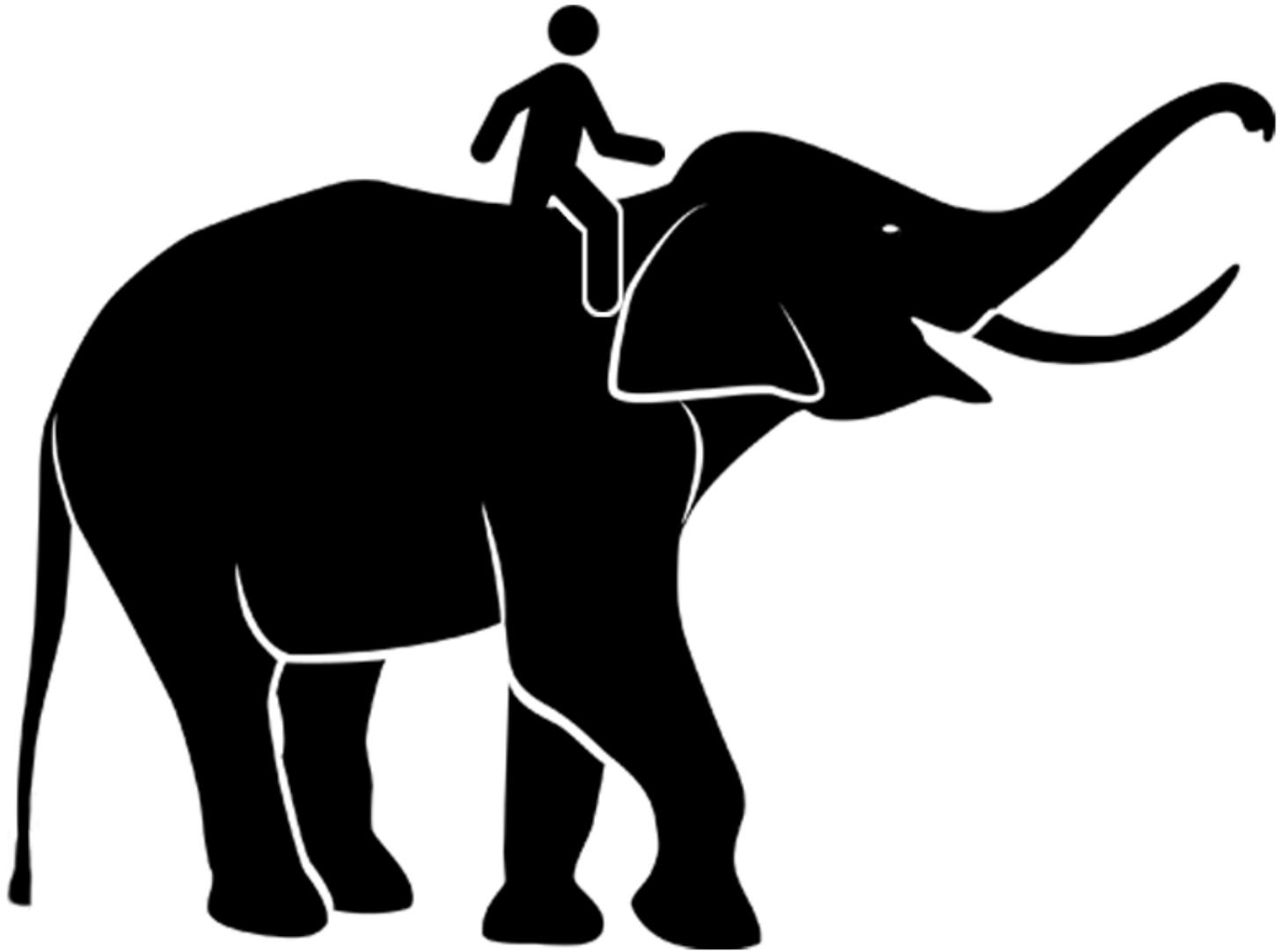
SHAPING THE PATH (your environment)

ALTER YOUR SURROUNDINGS

PROVERBS 5:8; 6:25-28

EXTERNAL SUPPORT SYSTEMS

HEBREWS 10:25



“I appeal to you therefore, brothers, by the mercies of God, to present your **BODIES as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your **MIND**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”**

Romans 12:1-2

