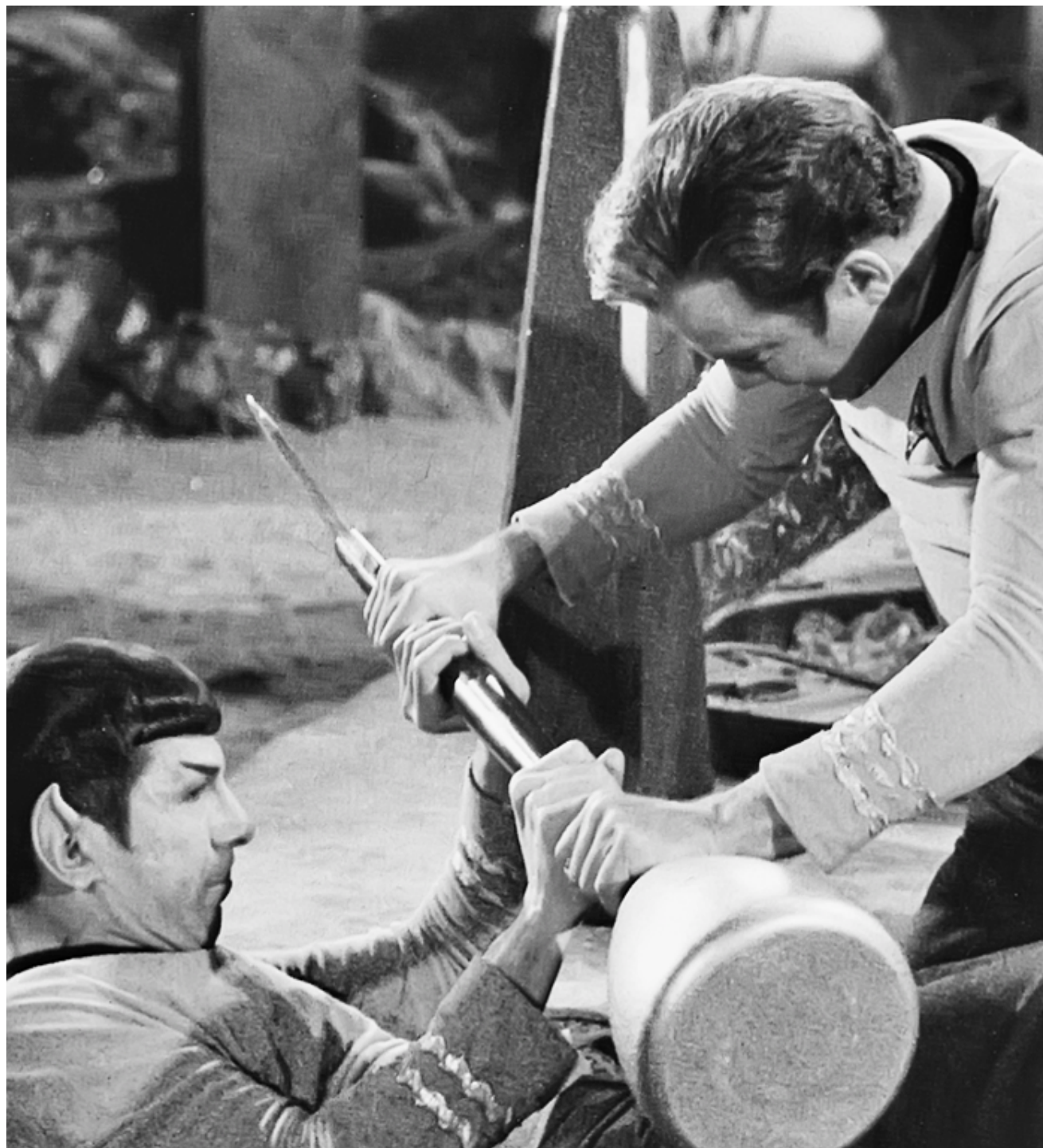




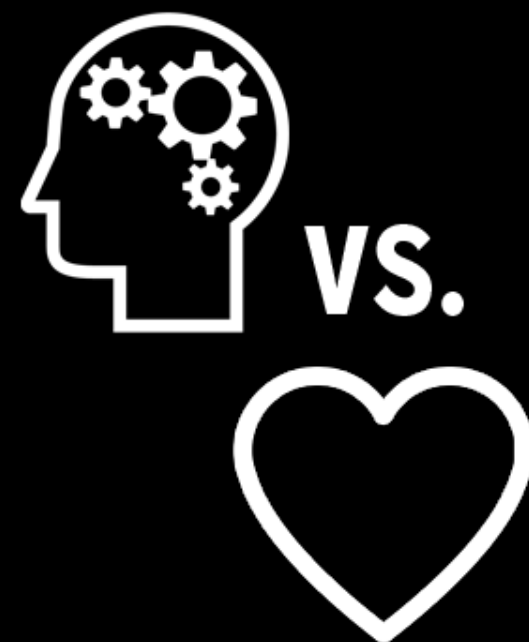
**215 LBS** JULY  
2009



**155 LBS** MAY  
2010



# THE EPIC *INTERNAL* BATTLE

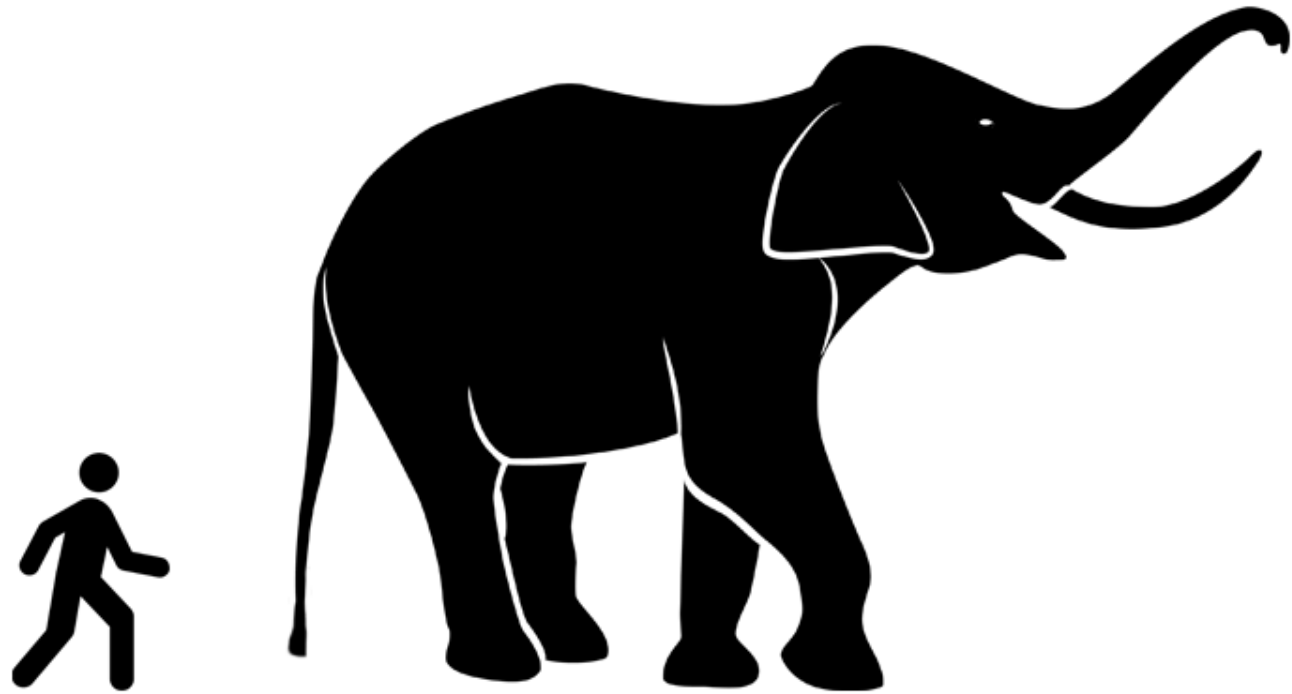


**ROM 7:15-24**

**“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.”**

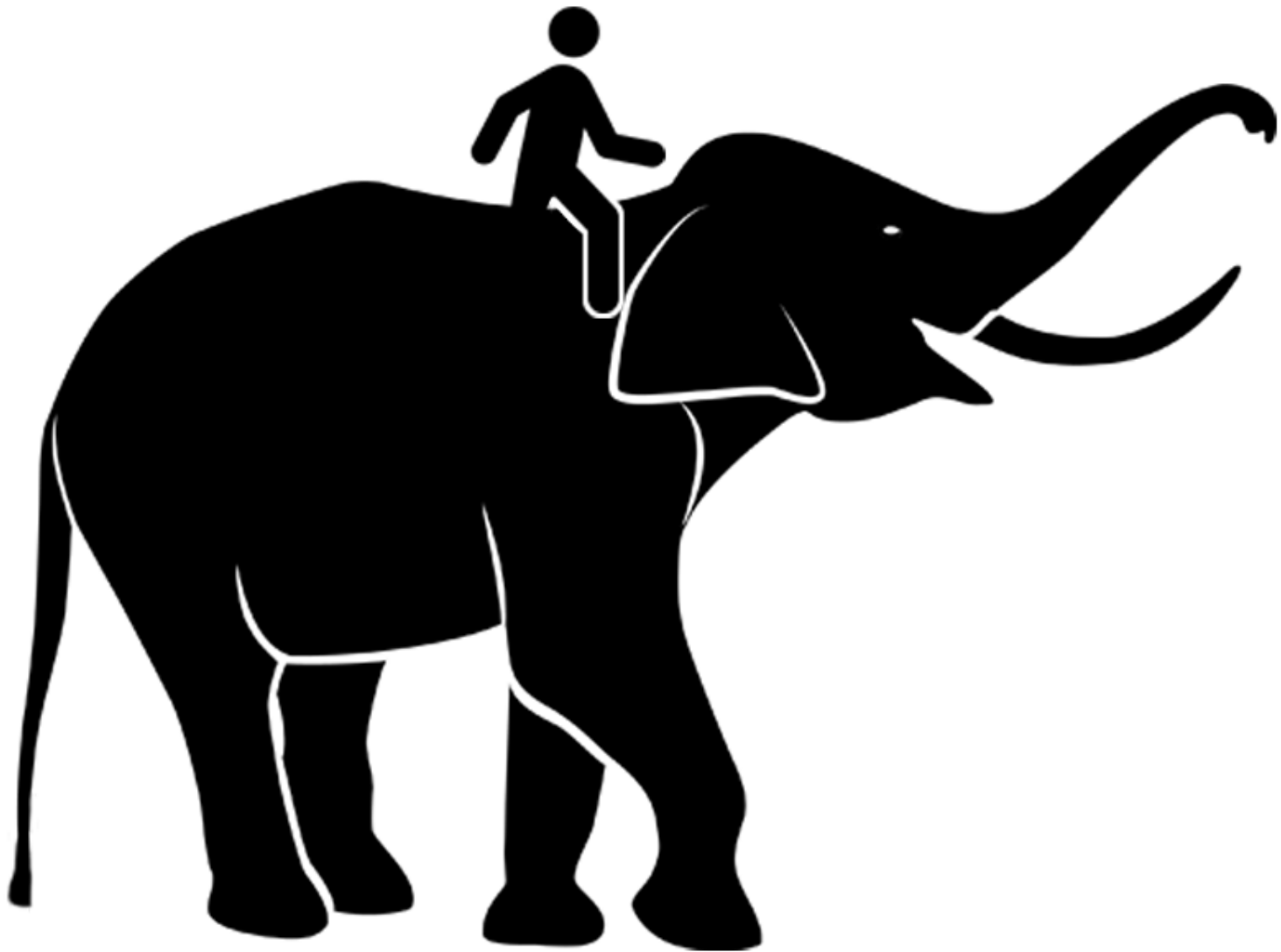
**2 Peter 2:20**

# **STRATEGIES FOR** **LASTING CHANGE**



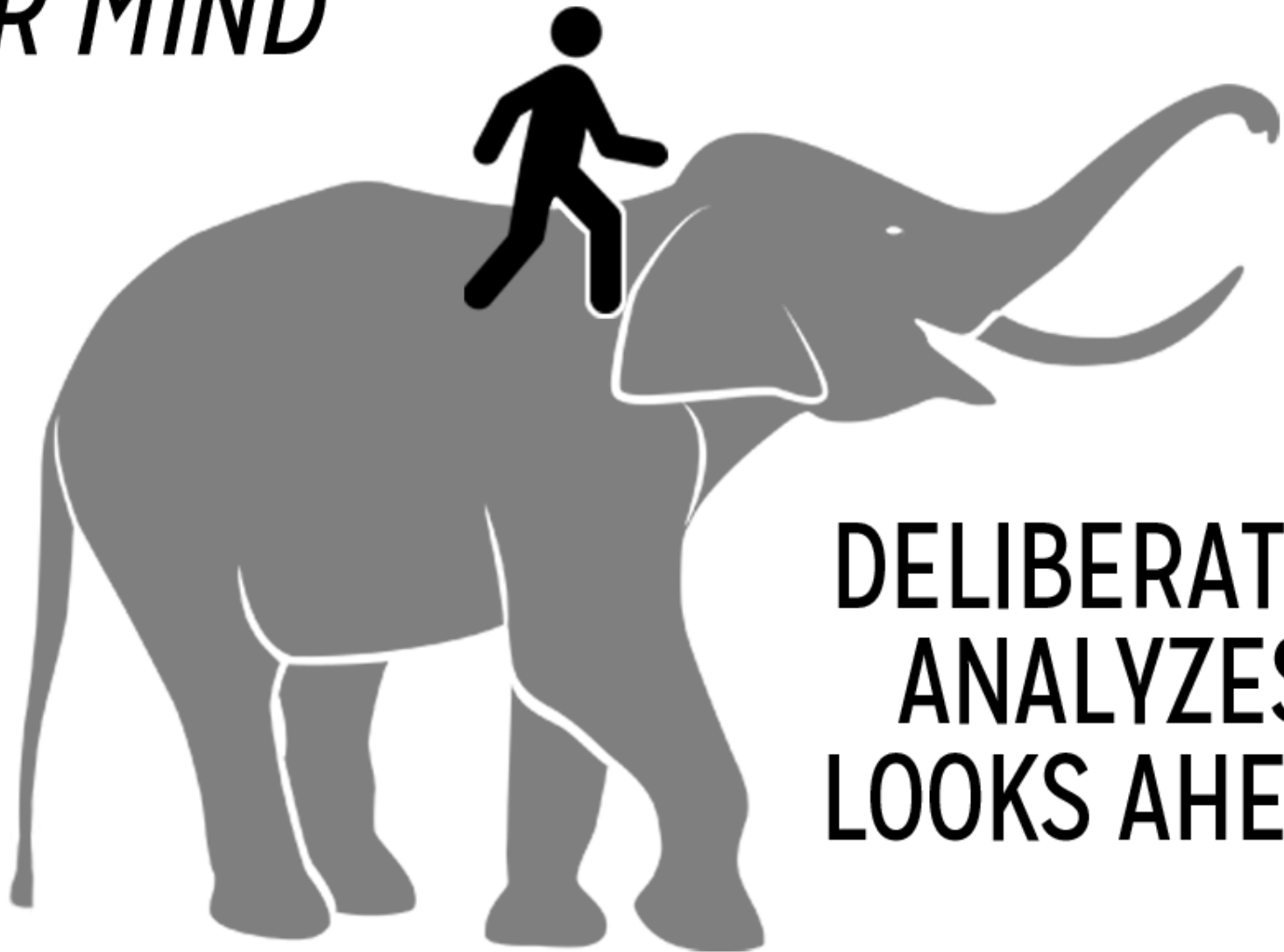


# THE ELEPHANT & RIDER



# **THE RIDER**

*YOUR MIND*



**DELIBERATES  
ANALYZES  
LOOKS AHEAD**

# SIN

FEELS  
GOOD

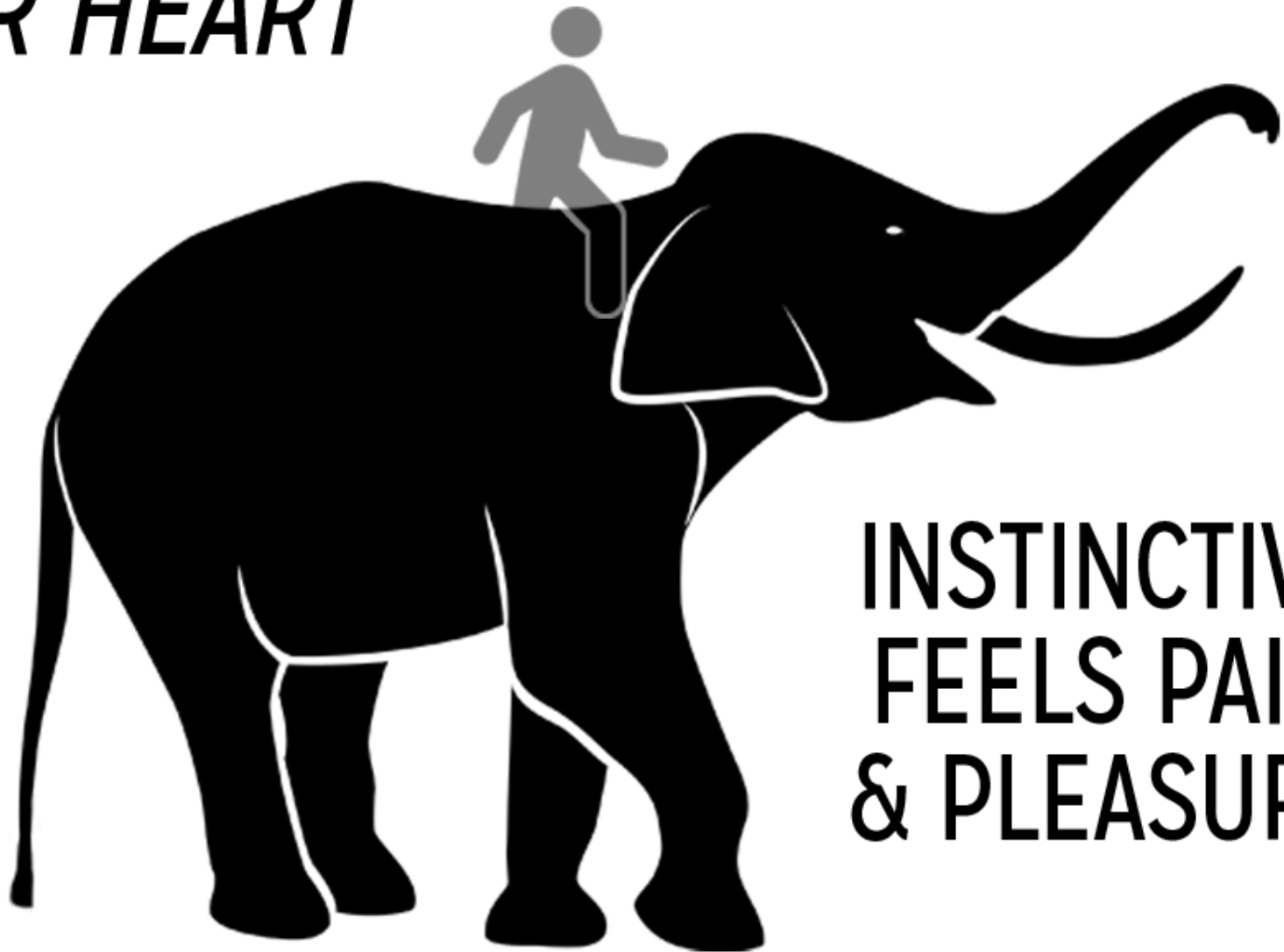


# FOR NOW



# **THE ELEPHANT**

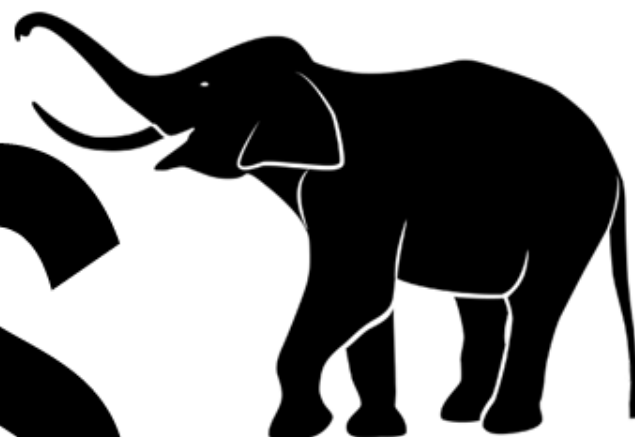
*YOUR HEART*



**INSTINCTIVE  
FEELS PAIN  
& PLEASURE**

SIN

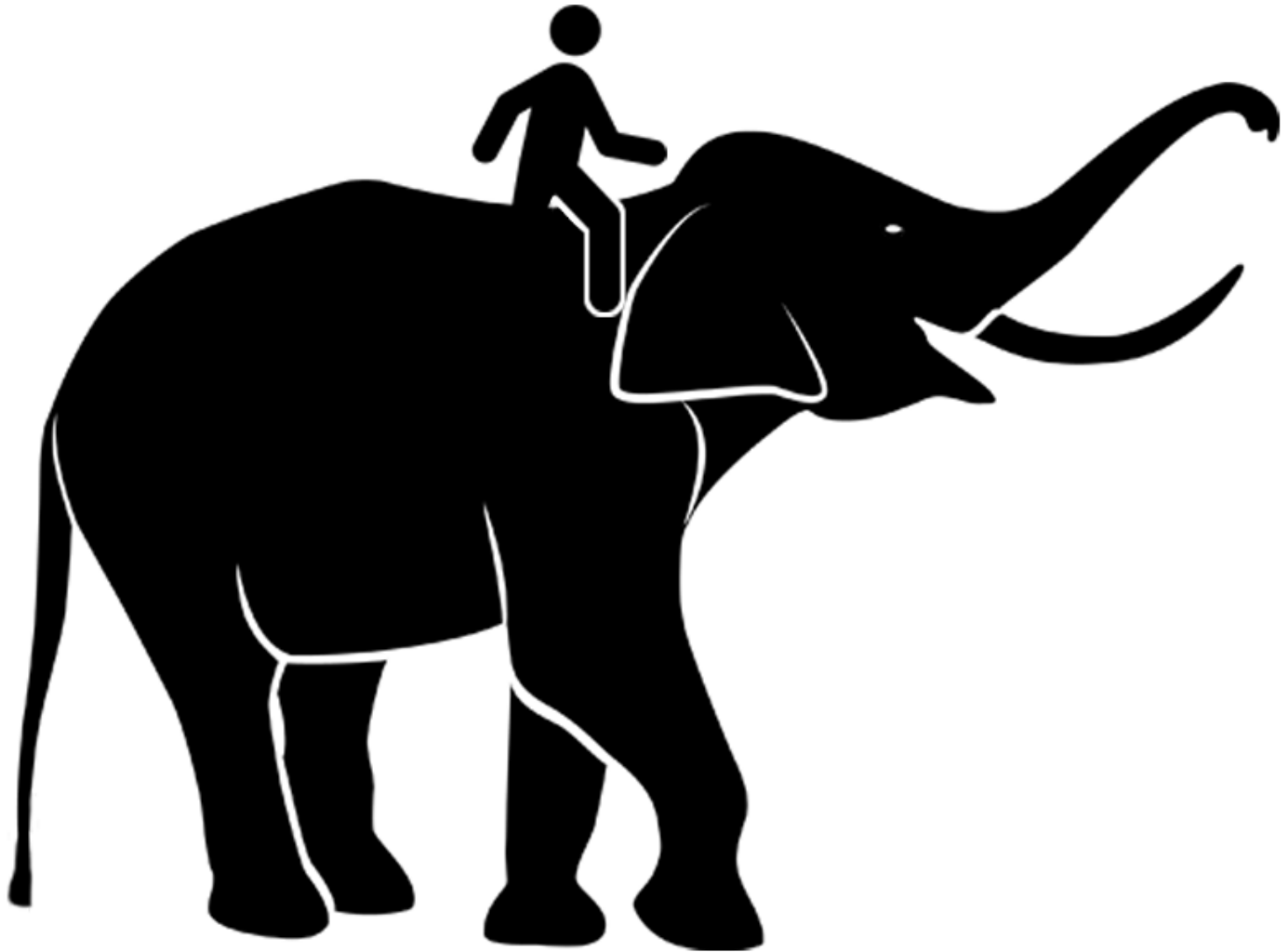
**FEEELS**



**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**



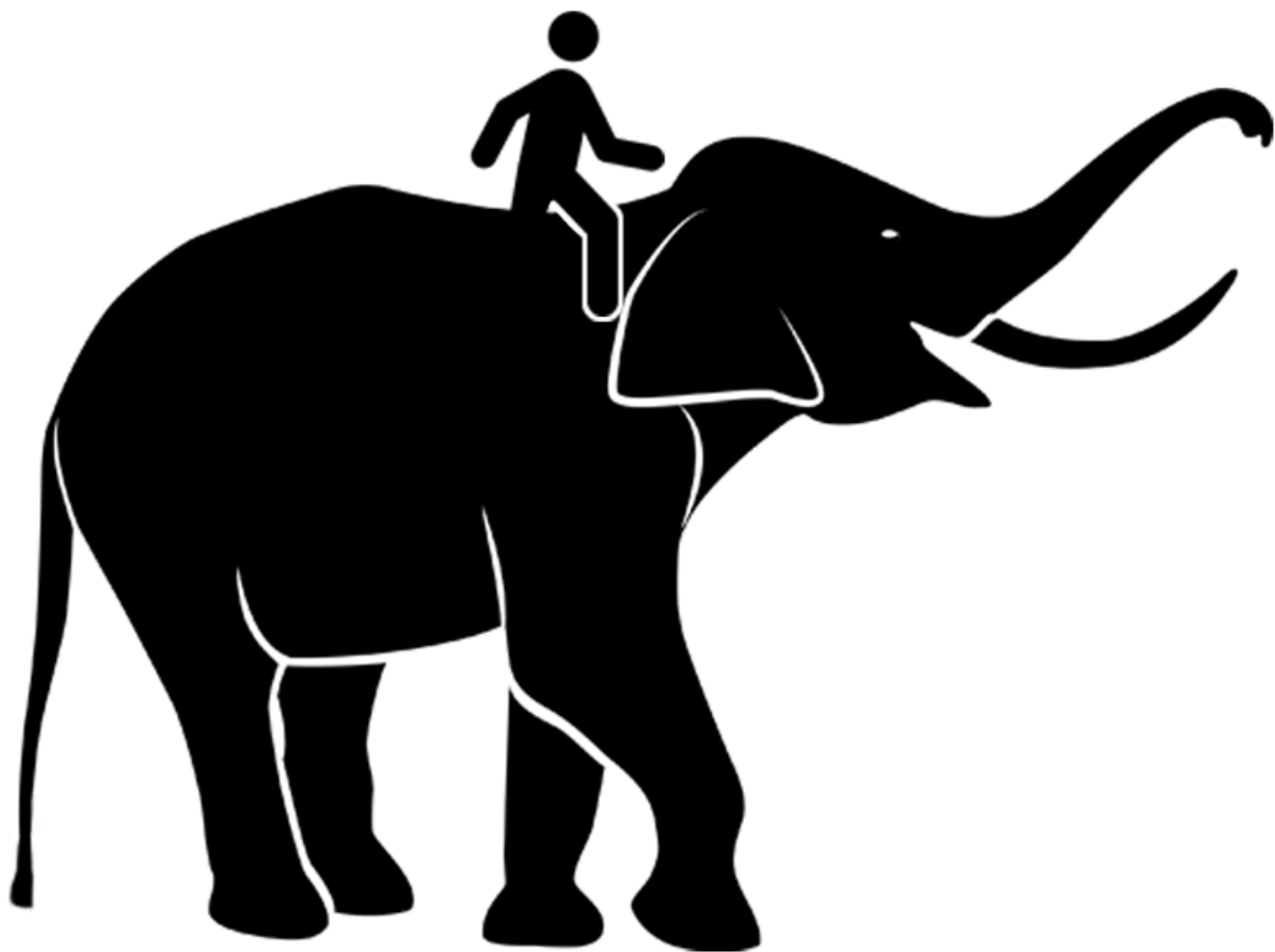
**SHAPING THE  
PATH** (your  
environment)

**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**

