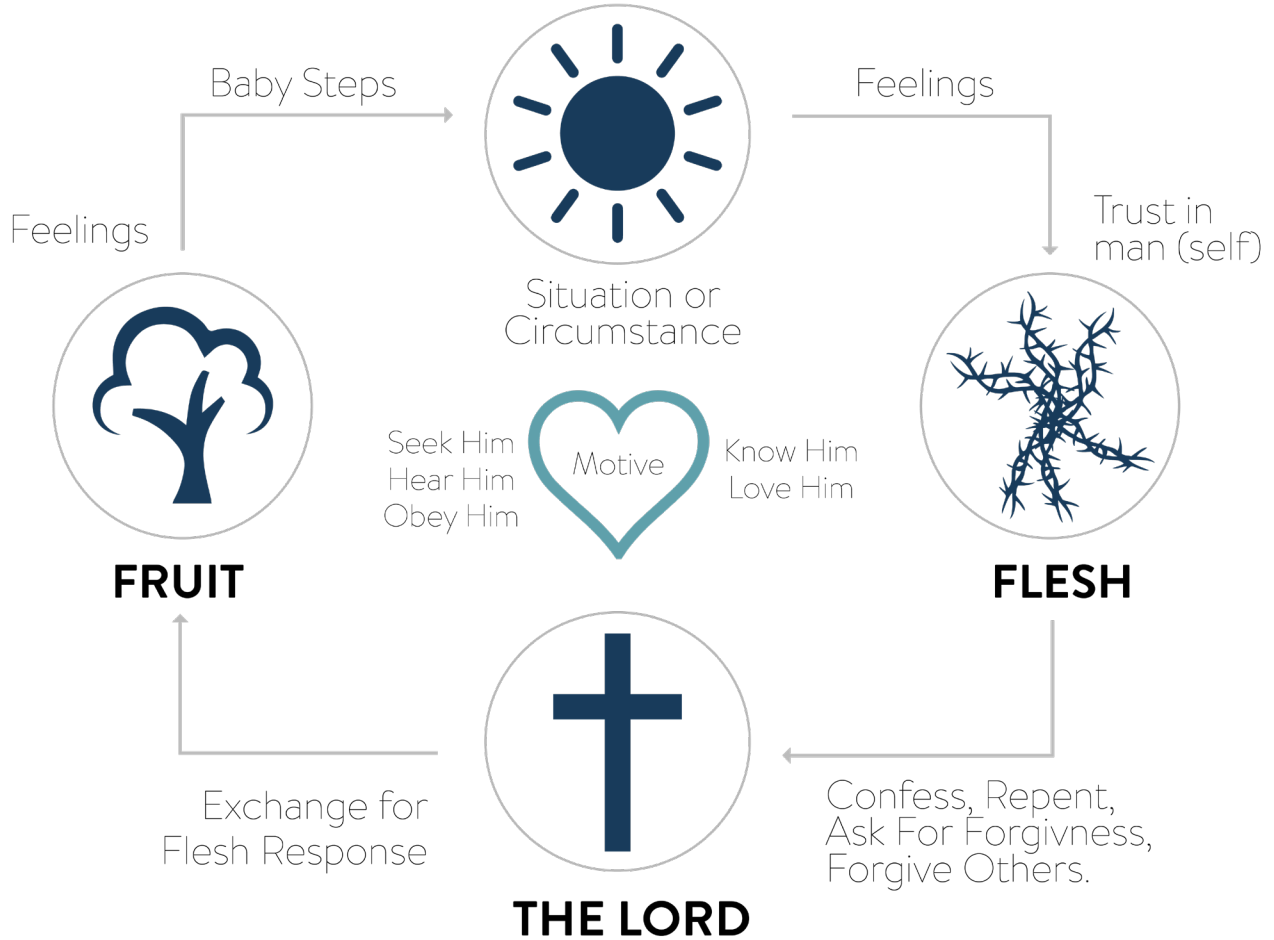


HOW PEOPLE CHANGE

HEAT

JEREMIAH 17:5-10



HOW PEOPLE CHANGE QUESTIONS

1. What is the **HEAT** (situation/circumstance) you are experiencing? (Facilitator lists the **HEAT**.)

2. How does that situation or circumstance make you **FEEL**? (Facilitator lists all the feelings that come to mind and validates all the feelings associated with that situation - "You are allowed to feel that way.")

3. If you trust those feelings and those feelings become the place from which you operate, what will be your likely **FLESH RESPONSE**? (List all that come to mind.)

4. Are you willing to **CONFESS, REPENT, and ASK FOR FORGIVENESS** for the likely flesh response? (If so, facilitator walks individual through confessing to God, repenting to God, and asking for forgiveness from God!)

5. Are you willing to **FORGIVE OTHERS** (person / people) who led you to feel _____? (If so, do it. "Lord, I forgive _____ [enter name] for leading me to feel _____ [enter feeling]. I release them and ask you Lord to forgive them and release them.")

6. Do you want to get an **EXCHANGE** from the **LORD** for all the flesh responses? (If so, go through each flesh response individually. "In exchange Lord for _____[enter flesh response] you give me what?" List all the words or pictures that come to mind...facilitator can help and add to the list. Thank God aloud for the things received in exchange for all the flesh responses.)

7. How do the words you got in exchange from the Lord make you **FEEL**? (Facilitator lists all the feelings that come to mind. Note: Any feelings of burden from the exchange may identify a lie they are believing about God or themselves. LPM or TTH may be needed.)

8. Lord, what is the next **BABY STEP OF OBEDIENCE** you want me to take in that situation or circumstance? (Once identified, facilitator encourages and prays for individual to seek, hear, and obey the Lord.)

You can start the questions over for every situation or circumstance you have time to discuss.