

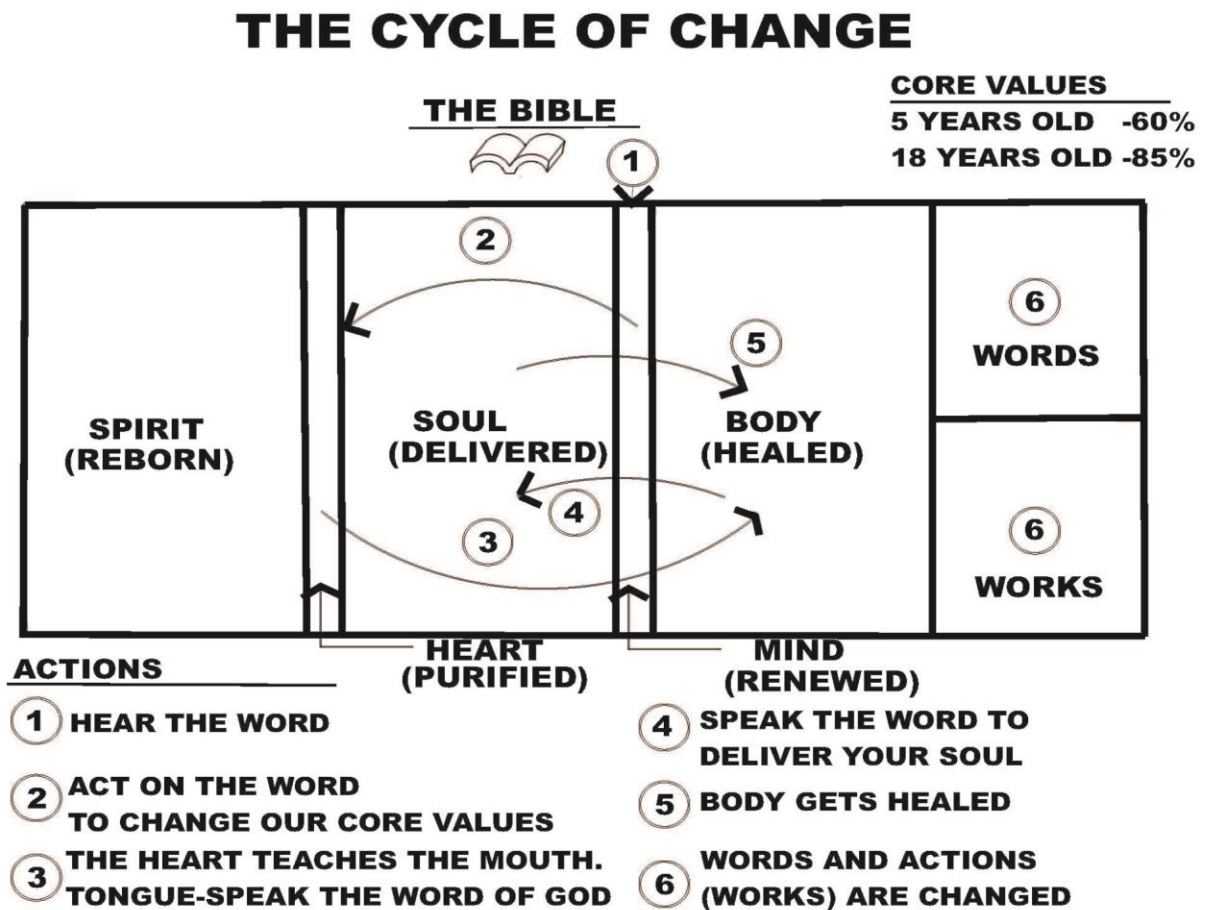
## The Cycle of Change Part 1 How it Works

**Overview:** Understanding the Cycle of Change will help to set you free from the snares of the devil by breaking bad habits, tearing down strongholds and removing his hooks from your soul.

### A. How the Word of God changes us - Overview

1. Hear the Word to renew your mind.
2. Act on the Word to change your heart.
3. The heart teaches the mouth.
4. Speak the Word to deliver your soul from troubles and snares.
5. Your body gets healed.
6. Your words and actions (works) are changed.

**Note:** Faith (in God) comes by hearing the Word (of God).



## B. How the Word of God changes us - Process

### The 3 gates of your mind, heart and tongue direct the transformation of your life.

The 3 doors of glory; the heart, soul and mind must be in alignment in order for the glory to be released out of your spirit. These come into alignment when they all agree with the spirit. The heart is the key so it must be transformed. The order of the mind, heart and tongue empowers the transformation of the soul thereby bringing all our parts into alignment so the glory is released.

#### 1. Hear the Word to renew your mind.

- a) Change (transformation) begins in the mind with the Word.

Rom 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

- b) Hearing and hearing ignites hope and faith.

Rom 10:17 So then faith cometh by hearing, and hearing by the word of God.

- c) Sowing the seed in your heart begins with understanding.

Mat 13:19 When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side.

Mat 13:15 For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them.

#### 2. Act on the Word to change your heart.

- a) In your hearing, receive the Word with meekness and then become a doer of the Word.

Jas 1:21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.

Jas 1:22 But be ye doers of the word, and not hearers only, deceiving your own selves.

Jas 1:23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

Jas 1:24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

Jas 1:25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

Jas 1:26 If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.

- b) Delight yourself in the Word of God.

Psa 1:2 But his delight *is* in the law of the LORD; and in his law doth he meditate day and night.

- c) Read, study, meditate, speak and do the Word.

Eph 1:17 That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know....

Jos 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

- d) Eliminate hindrances that stop the Word from being fruitful.

Mar 4:14 The sower soweth the word.

Mar 4:15 And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts.

Mar 4:16 And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness;

Mar 4:17 And have no root in themselves, and so endure but for a time: afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended.

Mar 4:18 And these are they which are sown among thorns; such as hear the word,

Mar 4:19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Mar 4:20 And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit, some thirtyfold, some sixty, and some an hundred.

3. The heart teaches the mouth.

a) The heart instructs the mouth.

Pro 16:23 The heart of the wise teacheth his mouth, and addeth learning to his lips.

b) That which is abundant in the heart the mouth speaks.

Mat 12:34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

4. Speak the Word to deliver your soul from troubles and snares.

a) Guarding your mouth keeps your soul from trouble.

Pro 21:23 Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

b) Your tongue is a tree of life.

Pro 15:4 A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.

c) There is power in your tongue.

Pro 18:21 Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

5. The body gets healed.

Your body is transformed as your mind is renewed and as your soul prospers.

a) Prosper your soul to prosper your health.

3Jn 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

6. Your words and actions (works) are changed.

As your body prospers, you will desire to hear more of God's Word.

a) That to which you give priority to will guide your life.

Mar 4:24 And he said unto them, Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given.

b) Seek that which gives life and more will be given.

Mat 13:12 For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath.

### C. Guarding the Three Gates of Transformation

1. Protect your mind, the key input into the heart, by controlling the five senses.

a) Control your eyes and ears by middle 3 Fruit of the Spirit – Patience, Kindness and Goodness.

b) Focus your eyes and ears on the Word.

Pro 4:20 My son, attend to my words; incline thine ear unto my sayings.

Pro 4:21 Let them not depart from thine eyes; keep them in the midst of thine heart.

Pro 4:25 Let thine eyes look right on, and let thine eyelids look straight before thee.

Pro 4:26 Ponder the path of thy feet, and let all thy ways be established.

Pro 4:27 Turn not to the right hand nor to the left: remove thy foot from evil.

- c) Think on those things that are true, etc by sifting what comes in through the senses.  
Php 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
- d) Bring every thought captive to the obedience of Christ.  
2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;
2. Guard your heart with all diligence for out of it flow all the issues of life. Pro 4:23
  - a) Do not let satan steal the Word from the good ground of the heart that is purified.  
Mar 4:15 And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts.  
Pro 4:21 Let them not depart from thine eyes; keep (guard) them in the midst of thine heart.
  - b) As a man thinks in his heart, so is he.  
Pro 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.
  - c) Out of the abundance of the heart, the mouth speaks.  
Mat 12:34b... for out of the abundance of the heart the mouth speaketh.
  - d) The heart overrides the decisions of the mind.
  - e) That which is already in the heart will reproduce itself.
  - f) The heart is the controller for the anointing through:
    - Parting/closing the veil of the heart (i.e., softening/hardening).
    - Meditating on the things of God or the actions of the enemy.
    - Letting the Spirit accelerate the process of changing the heart or quenching the Holy Spirit.
    - Producing the words, spoken as blessing or cursing.
3. Control your tongue with diligence.  
Matt 12:37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.  
Pro 4:24 Put away from thee a froward mouth, and perverse lips put far from thee.

**Summary:** These steps are effectively implemented into our lives by abiding in the Fruit of the Spirit and keeping in mind that love is the top of the fruit. As Jesus said, “He who loves me keeps my commandments” (John 14:21).

- Study the Word.
- Act on/Do the Word.
- Speak the Word.
- Protect your mind
- Guard your heart
- Control your tongue

**Suggestion:** Incorporate the following affirmations to strengthen your Gates of Transformation:

1. In the Name of Jesus, I have the mind of Christ. (1 Cor 2:16)
2. In the Name of Jesus, let the words of my mouth and the meditations of my heart be acceptable to you. (Ps 19:14)