

The Byrds - Turn! Turn! Turn!

https://www.youtube.com/watch?v=W4ga_M5Zdn4

The psychology of behaviour

Theory	Details	Effecting change
Instincts theory	Human behaviour is instinctual, biological and pre-determined.	Effecting change would be virtually impossible.
Drive Reduction theory	People prefer stability and same-ness to meet their needs.	The needs that drive the homeostatic (status quo) behaviours must be reduced.
Arousal theory	People seek to increase their stimulation though behaviour.	A new optimum level/ intensity of arousal is required. The new must feel better.
Incentive theory	Forces propel us to do something we otherwise would not.	The right incentive for each person needs to be discovered.
Cognitive theories	Our thoughts and expectations guide our behaviour.	Explore inner drivers for 'new potential and interests' and outer drivers for 'new goals, reward or status'. What do you want; what can you get?
Theories about habits	Much of human behaviour is automatic, subconscious, routine and hard-wired into neural pathways	Old habits must be broken and new behaviours experienced to bring about change.

How do you respond to change?
Try this FLEXTRAVERT QUIZ

<https://dsd.me/flextravert-quiz/?level=5>

- **2 Peter 3:9** The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.
- **Deuteronomy 31:6** Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.
- **Joshua 1:9** Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

- **Jeremiah 29:11** For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.
- **Philippians 4:6-8** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things

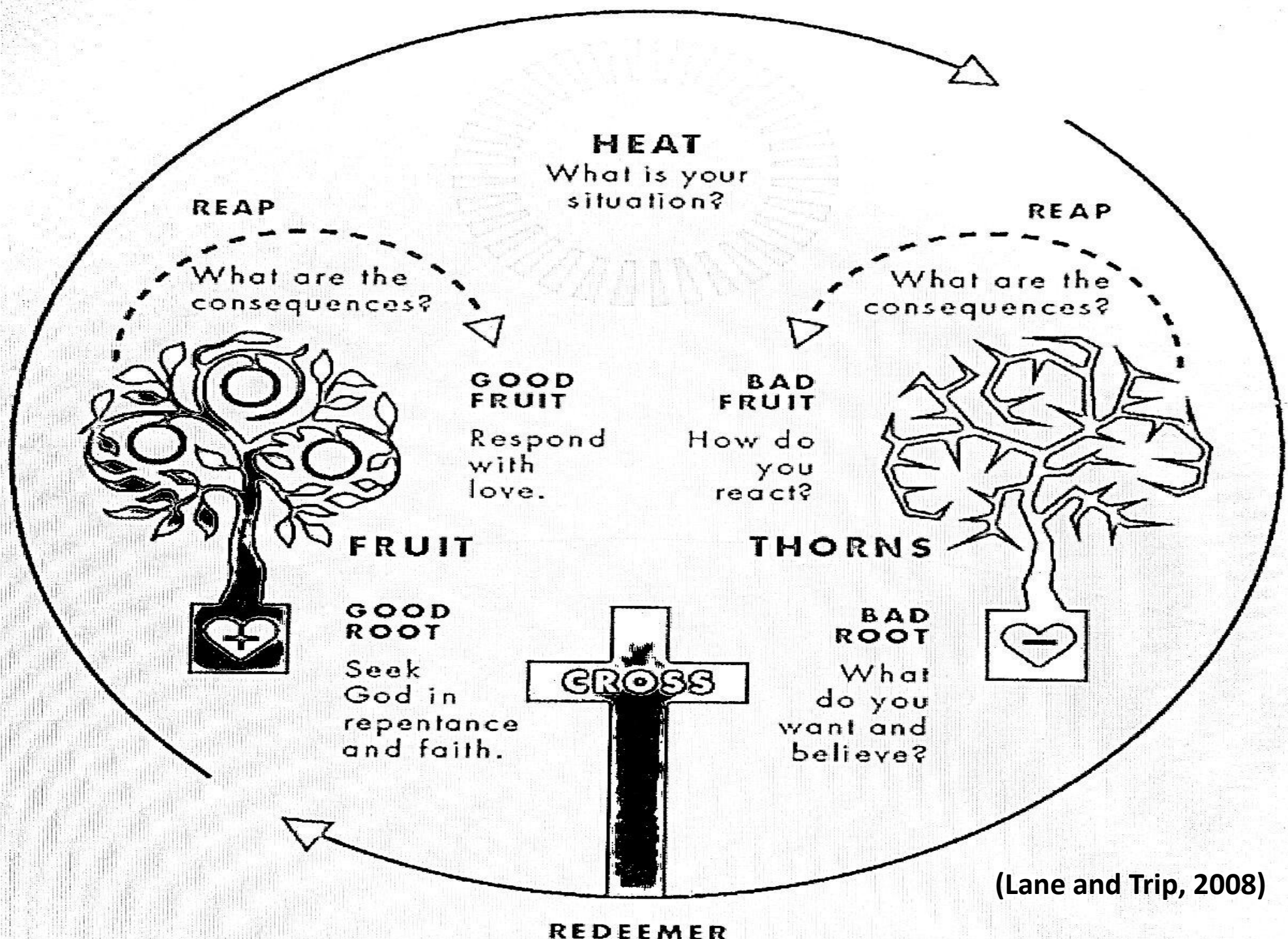
Dan June 19th Patience (Fruit of the Spirit)

The Holy Spirit works on our heart to change us:

- Admit our failings
- Confess them to God and find forgiveness through Jesus
- Ask for Gods help to live in His way and to please Him

Some prayers for change

- Dear God, It hurts so bad. Dull the pain with Your love. Blur the sharp edges by reminding me that from bad comes good. Help me appreciate that after the sorrow, joy is sweeter. I look forward to better times. I can endure anything with You by my side
- I'm quirky I know. I don't always do things in a traditional way. But I know what's right. I know how to stand my ground for what I believe to be true. Still, I need Your help dear God. You planted the seed. You nourish me. Shelter me now from the elements that stand in my way. Help me grow.
- Dear Lord: Help me to accept the things I cannot change; give me strength to change the things I need to - and the wisdom to know the difference



(Lane and Trip, 2008)

- **Heat:** Our situation, life, blessings and temptations
- **Thorns:** Our ungodly response to the situation; our heart, behaviour and consequences
- **Cross:** to focus on the presence of God in his redemptive glory and love; through Christ he brings healing, love and change
- **Fruit:** Our new godly response to the situation resulting from God's power at work in our hearts; including our behaviour, our renewed heart and the harvest of new consequences that follow

- The good news is that God has a plan for your life to hope, future, and to prosper. If we trust in God and allow the change to grow us to become more like Jesus Christ in how we respond and act, then we are promised that all things will work together for good for those who love Him and keep His commandments!

Some questions as we chat and eat....

- Which of the secular approaches to change do we/did we use in our work life; personal life etc. and in what way were/are they effective or ineffective?
- What is our favourite Bible verse or passage; worship song/hymn about change and why?
- What is God working on in you today?