

THE WAY GOD WALKS WITH US

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EPISODE 9:

Commit to the New

“The key to growth is to articulate the learning that is taking place.”
~ Graham Cooke

In this episode, I (Graham) gave you several powerful steps to commit to the new, true you in Christ as you are growing up into all things in Him.

1. Engage With Your Voice

It is important to engage your voice with your process. Your ears need to hear the visual, mental and emotional connections with the Truth that is setting you free.

- + Enter into a time of thanksgiving, rejoicing and worship where you connect with the delight of God in every aspect of your development.
- + Feel His joy and celebration over the victories you and Jesus have already seen together.

From that place of acceptance in the Beloved, begin to consider:

- + What are the old mental and emotional habits that you are letting go of?
- + Are there any old lenses that God is upgrading?
If so, what have they been and what is the new lens on offer?

- + Find the language for your new way of seeing and thinking with God.
- + Now practice saying it aloud with the same delight that He has!

This may feel a bit foreign or uncomfortable at first, especially if you're doing it for the first time. But stay with it until His joy overtakes your uncertainty and strengthens you in your true identity in Him!

2. *Reject The Old*

Every breakthrough requires follow-through to be established in our lives. Before we can fully establish the new, it is important to let go of the old. On a piece of paper, write out:

- + "On this day, I realized this truth...."
- + "I used to think like this.... but now my mindset is this...."
- + "When I looked through my old lens on life, I only saw..... but now I see this...."
- + Write out a formal rejection of the old:

*I no longer need this old way of seeing and thinking
(write out what that has been).
I reject it. I am not working on it.
I am replacing it with something better*

*In partnership with the Holy Spirit,
I formally bind up the old and step away from it.*

- + Then put that piece of paper in an envelope marked "No longer needed" and burn it!

3. *Receive The New*

It's time to embrace the new, true you in the upgrade that God is walking with you through. Consider writing a Crafted Prayer that declares your confidence in who God is in you and for you.

The language must respect and reflect that God is resident in you, in His power and fullness.

So instead of:

“Lord help me to do this. Help me apply these truths.”

The language of life as a New Creation in Christ is:

*“Lord, thank You that You are my Truth, my Way and my Life.
Thank You for replacing the old with this new Truth: (and write it out)
Thank You for Your gift of a new lens, new mindset and a new language.*

*Thank You for this gift of an upgraded identity.
It is a delight to put off the old and put on this new:
(write out what that is)*

*Thank You for opening up my eyes and renewing my mind.
I now think of myself as this in You: (include how you see yourself now)*

*Thank You Holy Spirit for being my Teacher, Comforter and encourager who
empowers me to abide in the new.*

Amen.”

- + Remember to give voice to your declarations and prayers.
- + Continue to pray that prayer until the Life in you becomes greater than any negative.
- + As your love of learning, accepting and becoming empowers you, write a shorter version of your identity: “This is who I am and am becoming...”

4. Declare Your Transformation

After a month or so, make it a proclamation that can be declared to any situation that tries to tell you anything differently than the Truth that has set you free.

*“I used to be this: (one line description)
“I have become this: (one or two line declaration)
“This is my Evidence of Transformation.”*

5. Rest In Peace

Remain in rest that the old is gone, the new has come.

- + Create your own funeral and commit the old to the ground and leave it there!
- + Draw a headstone with your name, the habit buried, the date and "Rest in Peace."
- + Romans 6:11 Reckon yourself dead to this old thing and alive to God in Christ.

We look forward to hearing what you discover as you take these practical steps out of the old and receive with joy the new, true you in Jesus!

Allison and Graham