

**You Can Do It!**



“Don’t be afraid of  
change. You might  
lose something good,  
but you’ll gain  
something better”

- Unknown

**Lesson 1007**

**The Question of Change**

## What are New Name Journals?

You've probably completed numerous Bible studies over the years. Most of these studies strive to increase your knowledge of the Bible itself or strengthen your commitment to the doctrinal principles you were taught. Both of these pursuits are valuable, but neither are transformative if you do not find a way to apply them to your walk with Christ.

New Name Journals are designed to take you further. Our goal is to help facilitate your desire for change. Applying Biblical principles to your daily life leads to transformation. To be effective, this must go beyond the mental exercise of accumulating facts. Openness and honesty in your responses can lead you to a point of changing the way you think about yourself, others, God, and your world - essentially repentance (the renewing of your mind).

To arrive at this point of repentance, you will want to personalize the information to your own individual circumstances. Feel free to use any extra space available to complete your thoughts.

As with all worthwhile pursuits, ask the Holy Spirit to guide you into all truth.



## Journal Goals

This Journal will help you to discover that change is not only necessary as a Christian, but possible.

*The Question of Change* Journal will give you an opportunity to:

- † Explore your motivations for change.
- † See the need for struggle as part of the process of change.
- † Discover barriers to change.
- † Learn the tools for change.
- † Explore the attitudes that promote change
- † Discover the hope found in change.



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Name

\_\_\_\_\_  
Date

# The Baltimore Riots

Chuck Bittrick

On my way into the office Friday morning, I was listening to a talk show host talk about the rioting in Baltimore. He shared about Toya Graham, a single mother of six (by multiple fathers), who caught her 16-year old son approaching police with a rock in his hand. She intercepted her son and slapped him home.



The night before on Bill O'Reilly's show, he offered his opinion that children like this teenager, the son of a single mother of children with various fathers, have little chance to succeed in life.

During my drive to the office, this talk show host spoke of something Ms. Graham said in one of her many interviews, "I'm a single mom," she explained. "I have six children. I just choose not to live like that no more." The host said, "It sounds like Graham wants to make certain that her son avoids making the same mistakes that she once made."

When I hear God speaking to my heart, I usually have one of two reactions. I either giggle or I tear up. But this time, I was hit so hard that I couldn't speak. The only thing I could think of was how much I desire to see the men at New Name be transformed into the men God has called them to be. I also recognized that my hope for the men at New Name may not be quite as selfless as it seems. I realized that as perverted and destructive as my life was, if God can't change these men, I have no hope.

**Describe what motivations you have found that give you the desire for God to transform your life.**

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# The Cocoon & Butterfly

**Greg Rohlinger**

Last night when I went to bed I was cold. Lori put a couple blankets over me to help warm me up. She even tucked the blankets in over my shoulders to ensure that I'd stay warm overnight. It worked well, and I quickly fell asleep. This morning I woke up before sunrise, I'm guessing around 6:15. When I first woke up, I realized that I couldn't move at all; nothing worked. I tried moving my arms, my legs, even my eyelids...no luck. As I lay there, I began to wonder, "is today the day?". The doctors have been warning me that at some point in this process I will lose the ability to control my movements. Could this really be the day?



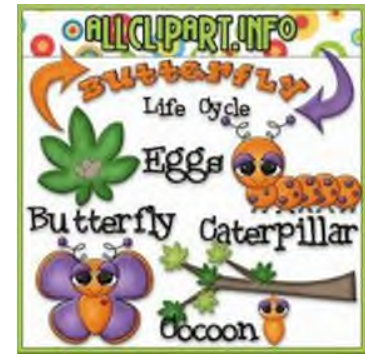
I took a moment to thank God for waking me up today, and then made the determination that if I had anything to do with it, today would not be the day. I quoted some off my favorite Scriptures, reminding myself that "I can do all things through Christ who gives me the strength I need." Then I went to work. I focused and tried to move my arms; but the blankets were too heavy and too tight for me to move them. I focused and tried my hardest until finally my eyelids began to open just enough to allow me to survey the room. Although blurry, I could tell it was still dark.

I continued to push with all my strength, trying to move my arms. I grabbed at a wrinkle, and tried to move the blankets off of me. Slowly, inch by inch I was able to nudge it off of my shoulders. Straining with everything I had to break out from their weight of the blankets enveloping me, I realized I am living out the illustration I've used in my message "Value in the struggle"; I am the butterfly in the cocoon.





It's a familiar story to all of us; the caterpillar finds a branch or leaf, spins himself into a cocoon, and then goes through a metamorphosis. Over a period of time the caterpillar becomes a butterfly. When the transformation is complete, the butterfly begins the hard process of breaking out of the cocoon. He struggles and pushes and slowly breaks through the cocoon, frees himself of its constraints and is able to fly away.



If you want to short circuit what God is doing in the life of a butterfly, help him out of his cocoon. The problem is, if you make it easier for the butterfly by peeling away the cocoon, it will come out of the cocoon with underdeveloped wings, unable to fly. It is in the process of struggling to break out of the cocoon, pushing and straining against its constraints that the blood begins to flow into the wings and the wings develop their strength. When the butterfly finally breaks out of the cocoon, it's ready to fly. There is value to the struggle; God designed it that way!

As I struggled to break free from the constraint of the blankets, I had to laugh at the irony of my situation. I determined I was going to do this. I wasn't going to call out & wake up Lori to help me. I was going to win this battle. I fought with all my strength, at points resting, sometimes falling back asleep. I watched the sunrise through the blinds. I continued to fight, resisting the feeling that I wasn't going to be able to make it. I asked God to help me; to give me the strength to do this. After more than 2 hours, I finally broke out, moving the blankets enough to lift my arms and move them freely.



It felt like a major victory to get my arms out from underneath the blankets. I laid in bed and quietly celebrated that today was indeed, not the day I would stop moving. I did wake Lori up, asked her to give me my morning meds. I continued my struggle and by 10:00 a.m. I was able to move my legs. With each small victory I was reminded “there is value in the struggle”. It was a great feeling when I finally rose out of bed and grabbed my walker to make my way out to the kitchen.

I don't know what you're struggling with today: Maybe it's the struggle to save your broken marriage, maybe it's the financial struggle to make ends meet; maybe it's the struggle to find significance in your life. I don't know what your struggle is, but I do know that there is value in your struggle. God has designed it that way. The great news is you don't have to do this alone. Ask God to help you. He has promised He will never leave nor forsake you. Keep fighting, keep struggling...you may not understand why you're going through this, or how you're going to make it, but God is going to use this to develop you, to make you more like Jesus. From one butterfly to another, there is value in your struggle!

**Share a time when you were going through a struggle and you asked for someone to help you to get around the struggle instead of help to go through the struggle.**

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**Considering the situation above, how did that work out for you?**

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# THE RIGHT TOOL FOR THE RIGHT JOB Part 1



Philippians 2:14-15 says, "Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." To put it simply, grumbling blocks our transformation into blamelessness and purity. All we have to do to stop God in His tracks in performing His good work in us is to start grumbling. If we don't want blamelessness in our life; start grumbling. If we don't want purity in our life, start grumbling. With grumbling, we remain warped and crooked.



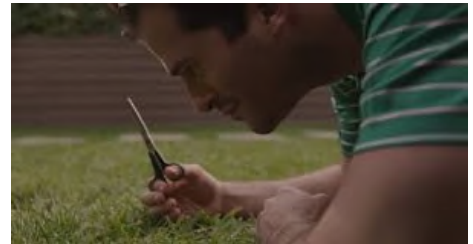
**Write down the top 4 unique things you grumbled about in the past along with what kind of crookedness remained in your life because of it.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# The Right Tool For The Right Job



## Part 2



Repentance means to change one's mind. Okay, that sounds like something changes. But sometimes we think we are repenting when that is the furthest things from the truth. A man of righteous conviction will tell you when he has sinned against you and seek reconciliation. Out of the desire for restored relationship, he will never sin that way against you again. A man of unrighteous conviction will tell you when he has sinned against you and will apologize before he does it again.

**Write down 3 areas when you used to or continue to apologize for but continue to do.**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Write down 5 areas where you have truly repented of and it no longer exists in your life.**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

**How is your repentance different from your apologies?**

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\_\_\_\_\_





# A Little B.S.

By Chuck Blittrick

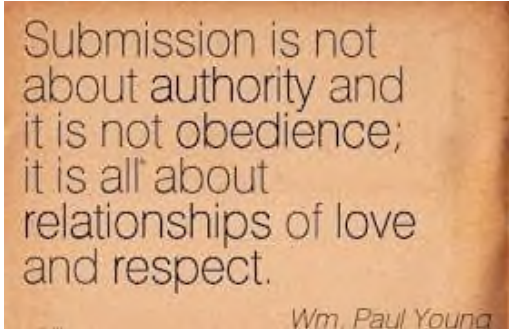


The other day I was reading about the parable of the sower in Luke 8:5-15. Verse 15 reads, “But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.” I pondered the word “persevering” for a while and finally thought, “B.S.” – Beholding and Submitting. The times in my life when I have grown the most have been while beholding and submitting.



I remember in my early days as a Christian listening to a teaching titled, “You Become What You Behold.” It focused mainly on being more aware of the negative things we might feed on such as movies and television shows with extreme violence, profane language, and pornography. Over time I have come to realize the importance of recognizing when I am in the presence of a man of God who I aspire to be more like so I behold him. I find myself desiring to be around such a person, asking a lot of questions, trying to learn how he thinks rather than what he thinks. I want to see the world, the Scriptures, the Kingdom, and my God in the light that shines through his life. I remember Bob Knox, and my dad while I was out of jail on bond waiting to see how the Lord would use the judicial system to shape my future. Then there was Myron and Chaplain Kastner during my nearly 18 years in prison. And now I am honored to sit under Pastor Jon Cordeiro to receive another impartation of Kingdom DNA. Through this process, I have noticed that I acquire from them many of the attributes I found so appealing yet remaining as peculiar as God created me to be.

The other dynamic I've found to be critical for growth is submission. You might find this hard to believe but God has never been surprised by any situation I have been in that was a challenge. When I was nearing my time to be released from prison, I was transferred from an environment I worked hard to make comfortable (too comfortable) for myself, to a program steeped in secular psychology. I wanted nothing to do with it. I knew my faith was at odds with what they were going to teach me. Then I realized God was fully aware of where I was and not only that, He allowed it to happen. So, I decided to submit to the process. I didn't know how I was going to do it, only that I was committed to it. On the morning of my first day of class I was reading in the Book of James about the power of the tongue and how the tongue is like the small rudder steering a large ship (me). During class we were taught how our self-talk affects our emotions, which in turn affect our behavior. Wow, they were teaching a Kingdom truth. I suspect I never would have made the connection had I not committed myself to submitting to the program out of trust in a God who has my best interest in the center of His heart.



To summarize, if we want to grow and be productive as Christians, we must persevere by applying a little B.S. – Beholding and Submitting.

**Name 3 people (on earth) you have beheld since you began your Christian walk and describe the impact they've had on your life.**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Name 3 areas in your life where you submitted by faith in God before understanding what was happening and the impact it had on your life.**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



As you complete this stage of your journey of transformation, look back and appreciate what you have accomplished. Recognize what God has given you to carry you through the challenges and opportunities ahead.

This Journal has helped me to... \_\_\_\_\_

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New Name Ministries envisions its model of community safe residential reentry replicated nationwide, promoting social reform through effective renewal of former offenders reentering society, resulting in fewer victims and a safer, stronger America.



## Lesson 1002