

DIVORCE *Care*<sup>®</sup>

**Divorce Recovery Support Group**

hope &  
healing

**Starts Jan 16th**

**Tuesdays, 6:30pm**

Scan to sign up



# ho·me·o·sta·sis

/hōmēə'stāsəs/

*noun*

1. a self-regulating process by which biological systems tend to **MAINTAIN STABILITY** while ***adjusting to conditions*** that are optimal for **survival**.

The body seeks this because it is where we find stability, confidence, feel safe, and in control.

Your **Comfort Zone** is a *space* where your activities and behaviors fit a *routine* and *pattern* that minimizes stress and risk.

It provides a state of **mental security**.

The results:  
regular happiness, low anxiety,  
and reduced stress.



**Beliefs**

**Behavior**

**Results**

These *stories* influence how we see and live in the world

Helped you find stability or survive the world you are in

# Worldview

\ 'wɜrl(d)-,vyü\

*noun*

1. A **worldview** is a collection of attitudes, values, *stories* and expectations **about the world around us**, which inform our every **thought** and **action**.

Those thoughts then translate into actions



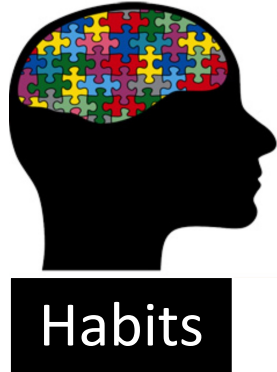
Mindset

**Thought patterns** are created just like physical patterns.



Mindset

When you start **thinking** a certain way and you practice this **mindset** long enough, it becomes a **pattern**.



When you start **thinking** a certain way and you practice this **mindset** long enough, it becomes a **pattern**.

The more you *feed* your **thoughts** with attention, the stronger they get, and eventually, you **lose all control** over how you **think**.





Our actions become habitual

When you start **thinking** a certain way and you practice this **mindset** long enough, it becomes a **pattern**.

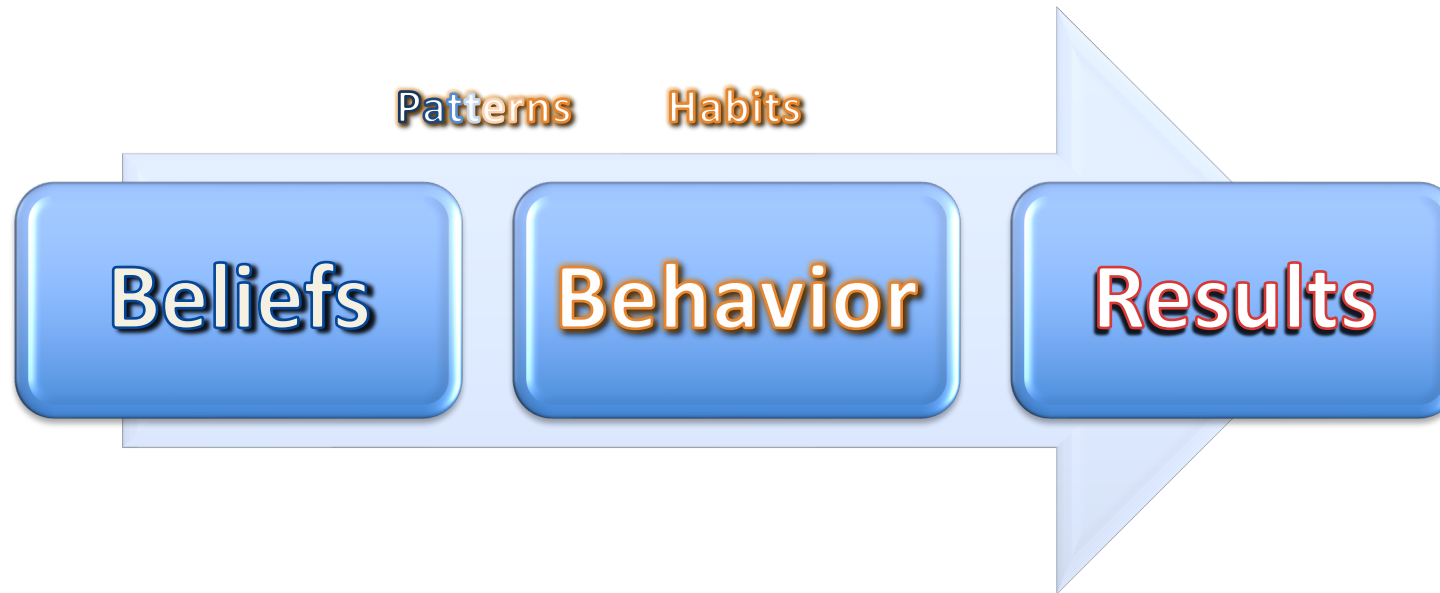


**Habits**

The more you *feed* your **thoughts** with attention, the stronger they get, and eventually, you **lose all control** over how you **think**.

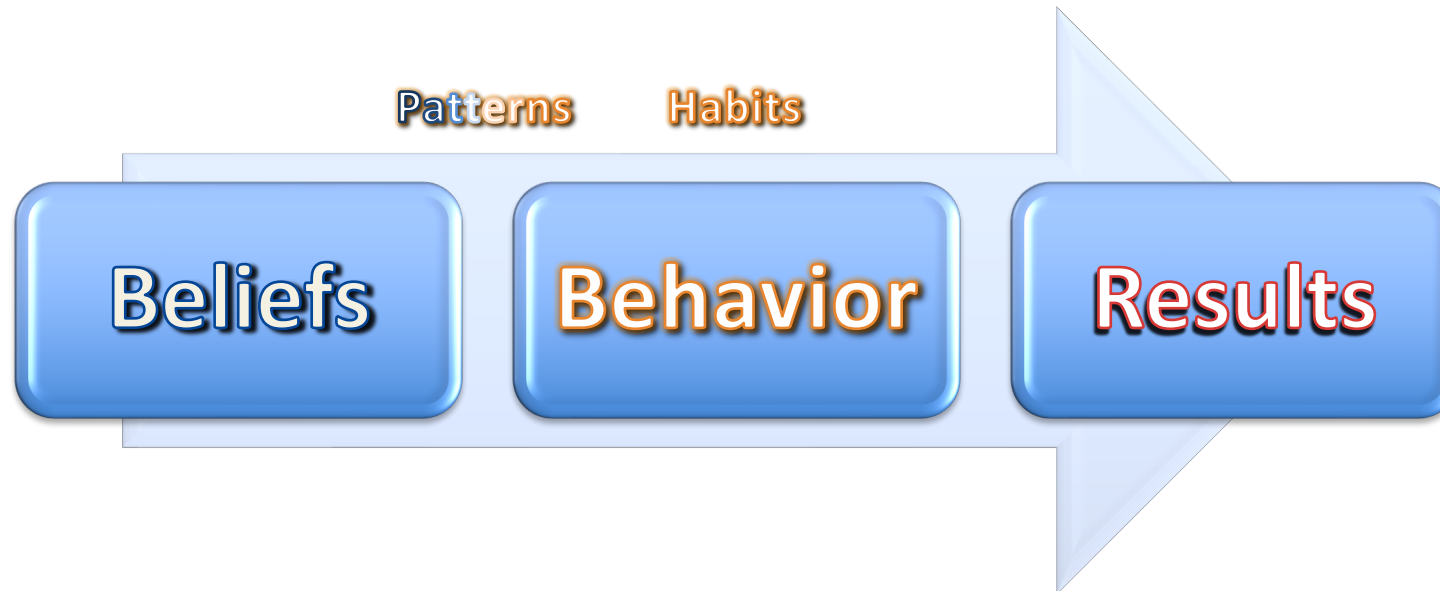
A habit is a routine of behavior that is repeated regularly and tends to occur **subconsciously**.

**45% of our behaviors**



The longer one stays in a pattern of **behavior**,  
the harder it is for them to change

*Practice makes permanence*



The longer one stays in a pattern of **behavior**,  
the harder it is for them to change

YOU CAN'T TEACH  
AN OLD DOG  
**NEW TRICKS**





People form an **identity** of themselves by looking back on things they've done in the past and will continue doing that **behavior** because it is part of their self-image.



People form an **identity** of themselves by looking back on things they've done in the past and will continue doing that **behavior** because it is part of their self-image.

Really hard to change then!

# be·lief

/bə'lēf/

*noun*

The thing about belief systems is that they require no factual basis.

1. a **state of mind** in which **TRUST** or **confidence** is placed in some person or thing





**12 There is a way that *appears to be right*,**

If you hear a lie often enough, it starts to sound true. According to what's called the "illusory truth effect," the more you hear a false statement, the truer it starts to sound.





<sup>12</sup> There is a way that *appears to be right*,  
but in the end it **leads to death**.



A constant stream of lies becomes so mentally taxing that your brain gives up trying to find truth



**15 See, I set before you today**

**life and prosperity,**

**death** and destruction.

**The path of this world: life is about you or a false god**

**God's way: life is about Him and serving others**

**We have choice of the paths we walk**

**Deut 30:15**

**15 See, I set before you today**

**life and prosperity,**

**death** and destruction.



What if you are on this path  
and don't even know it?

**We have choice of  
the paths we walk**

Deut 30:15

**15 See, I set before you today**

wages or payout



**death** and destruction.

This path is called sin

**The path of this world: life is about you or a false god**



**We have choice of the paths we walk**

Deut 30:15

<sup>6</sup> **Jesus** answered, “**I am the way** and **the truth** and **the life**.”

No one comes to the Father except through me.

Many of us “turned” and followed Him to find LIFE!



# be·lie·f

/bə'li:f/

*noun*

We've placed our **TRUST** in Him

1. a **state of mind** in which **TRUST** or **confidence** is **placed in Jesus** and His way



- <sup>9</sup> If you declare with your mouth, “*Jesus is Lord*,” and believe in your heart that God raised him from the dead, you will be saved.
- <sup>10</sup> For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

# trans·for·ma·tion

/ tran(t)sfər'māSH(ə)n/

*noun*

1. a thorough or dramatic change in form or appearance.

This is the ultimate transformation – from death to life!

<sup>17</sup> Therefore, if anyone is in Christ, he is a **new creation**.

**The old has passed away; behold, the new has come.**

2 Corinthians 5

<sup>7</sup> So you are **no longer a slave** (*to sin*), **but God's child**;  
and since you are his child, God has made you also an heir.

Galatians 4



LOVE GOD • LOVE PEOPLE • CHANGE THE WORLD



People form an identity of themselves by looking back on things they've done in the past and will continue doing that **behavior** because it is part of their self-image.

**No longer a slave**

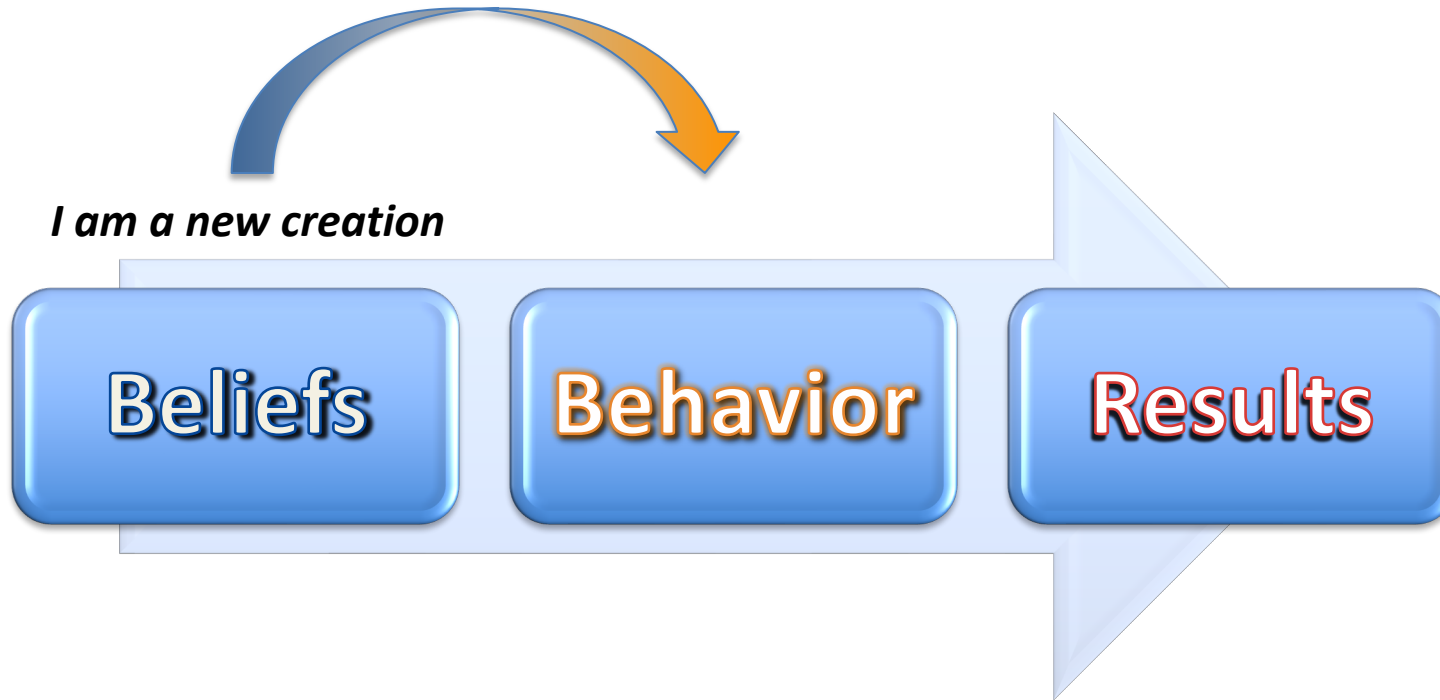
God changes us!

*I am a new creation*

**Beliefs**

**Behavior**

**Results**



<sup>19</sup> Therefore **go and make disciples** of all nations, **baptizing them** in the name of the Father and of the Son and of the Holy Spirit,

That is what baptism represents



- <sup>9</sup> If you declare with your mouth, “***Jesus is Lord***,” and **believe** in your heart that God raised him from the dead, you will be **saved**.
- <sup>10</sup> For it is with your heart that you **believe** and are justified, and it is with your mouth that you ***profess your faith*** and are **saved**.

In a way it becomes *our profession*

# Baptism

SUNDAY



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*January 21st*



<sup>19</sup> Therefore **go and make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

It's not just saying a prayer to Jesus, it's living your life for Jesus that makes you a disciple



# be·lief

/bə'lēf/

*noun*

We place our **CONFIDENCE** in His promises

1. a **state of mind** in which **TRUST** or confidence is placed in **Jesus** and His way

# con·fi·dence

/ kənˈfɪdəns

*noun*

1. the feeling or **belief** that one can **rely on someone** or something; **FIRM TRUST.**

# be·lief

/bə'lēf/

*noun*

Is this really your belief?

1. a **state of mind** in which TRUST or confidence is placed in Jesus and His way



I think most “Christians” are not happy with the results, but they don’t know what to do to change them



**15 See, I set before you today**

**life and prosperity,**

**death** and destruction.



**What if you are on this path  
and don't even know it?**

**We have choice of  
the paths we walk**

**Deut 30:15**

# Forbes

For 2024, these are the most popular goals:

- Improved fitness (48%)
- Improved finances (38%)
- Improved mental health (36%)
- Lose weight (34%)
- Improved diet (32%)





You'd be on  
the wrong path

# FOPO

Fear of Other People's Opinion



If you've ever gone along with the crowd to fit in or played it safe to avoid the risk of judgement, you likely had FOPO.

# COACH

/kōCH/

*Noun*



1. a coach was a **vehicle** that conveyed a person of value from where they are to **where they wanted to be.**

What do you really want?

## CORE FEARS

Acceptance – Rejection

Grace – Judgment

Connection – Disconnection

Companionship – Loneliness

Success – Failure

Self-Determination – Powerlessness

Understanding – Being misunderstood

Love – Being scorned

Validation – Being invalidated

Competence – Feeling defective

Respect – Inferiority

Worth – Worthlessness

Honor – Feeling devalued

Dignity – Humiliation

Commitment – Abandonment

Significance – Feeling unimportant

Attention – Feeling ignored

Support – Neglect

Approval – Condemnation

Wanted – Feeling unwanted

Safety – Danger

Affection – Feeling disliked

Trust – Mistrust

Hope – Despair

Joy – Unhappiness

I ***can't live without*** \_\_\_\_\_, so I **fear** \_\_\_\_\_ (You fill in the blanks)

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**life and prosperity,**

**death** and destruction.

**The path of this world: life is  
about you or a false god**

**God's way: life is about Him  
and serving others**

**You have choice of the paths  
you walk to find it**

**Deut 30:15**

NEW  
YEAR  
YEAR

Let's talk about "actions"

- ✓ GOAL
- ✓ PLAN
- ✓ ACTION



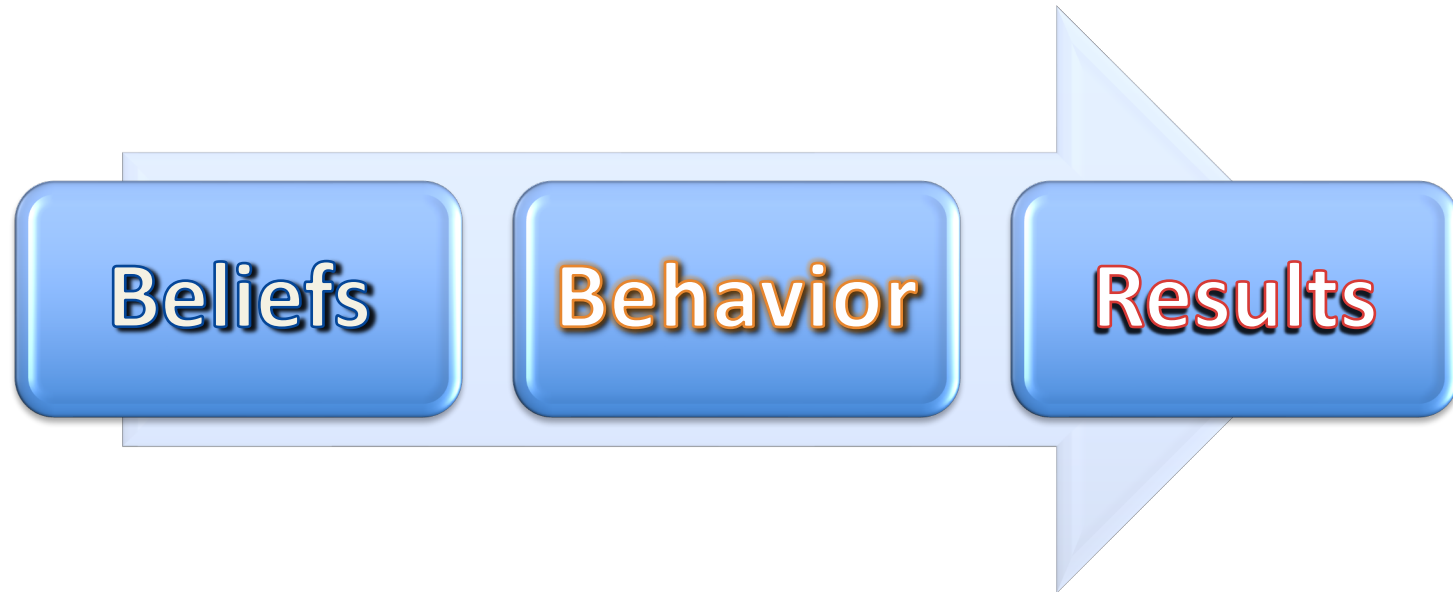
THE  
**O**  
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THING



but be **transformed** *by* the **renewing of your mind**.



Your thinking must be changed (transformed) from old, ungodly ways of thinking into new, godly ways of thinking.



**renewed mind**

Learning to think  
in a new way





**renewed mind**

Learning to think  
in a new way

<sup>16</sup> **For God so loved** the world that **he gave** his one and only Son,  
that whoever believes in him shall not perish but have eternal life.

<sup>17</sup> For God did not send his Son into the world **to condemn** the world,  
but to save the world through him.

It is the belief that God is a giver, not a taker



<sup>6</sup> **Jesus** answered, “I am the way and **the truth** and **the life**.

No one comes to the Father except through me.

It is believing that His way is the only way to find TRUTH and LIFE!



**<sup>33</sup> But SEEK FIRST HIS KINGDOM and his righteousness,  
and ALL THESE THINGS will be given to you as well.**

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

It is the belief that I will find everything I need in Him!



<sup>4</sup> Remain in me, as I also remain in you.

No branch can bear fruit by itself; it must remain in the vine.

Neither can you bear fruit *unless* you **remain in me**.

Is it the belief that I can't change myself



<sup>3</sup> His divine power has **granted to us all things that pertain to life and godliness**, through the knowledge of him who called us to his own glory and excellence,<sup>4</sup> by which he has **granted to us his precious and very great promises**,

It is believing that the moment I put my faith in Christ, God gave me everything I need to do this!





I have **TRUST** and **confidence** in those

**renewed mind**

Learning to think  
in a new way

Therefore, **I urge you**, brothers and sisters,  
***in view of God's mercy***, to offer your bodies  
as a living sacrifice, holy and pleasing to God—  
this is your true and proper worship.

<sup>2</sup> **Do not conform** to the **pattern of this world**,





**15 See, I set before you today**

**life and prosperity,**



**God's way: life is about Him  
and serving others**

**I'm choosing to walk with Him**

**Deut 30:15**

but be transformed by the **renewing of your mind**.

**transformed** is "Passive Voice" which indicates that this process is being performed by an outside force, the **Holy Spirit, God's Word, God's people**, not a change produced by our self effort.

# Read AND GROW



2024 Bible Reading Plan



<sup>16</sup> All **Scripture** is God-breathed and is useful for

**teaching**, (the path)

**rebuking**, (where we get off)

**correcting** (how to get back on)

and **training in righteousness**, (stay on)

<sup>17</sup> **so that** the servant of God may be  
thoroughly **equipped for every good work.**



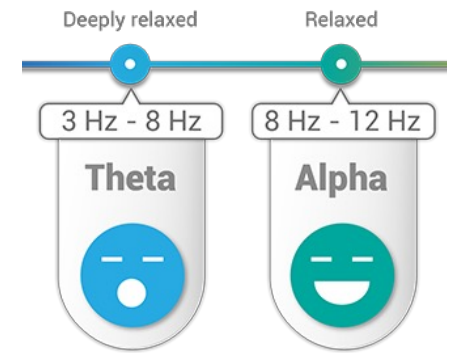
<sup>23</sup> Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and **we will come to them** and **make our home** with them.

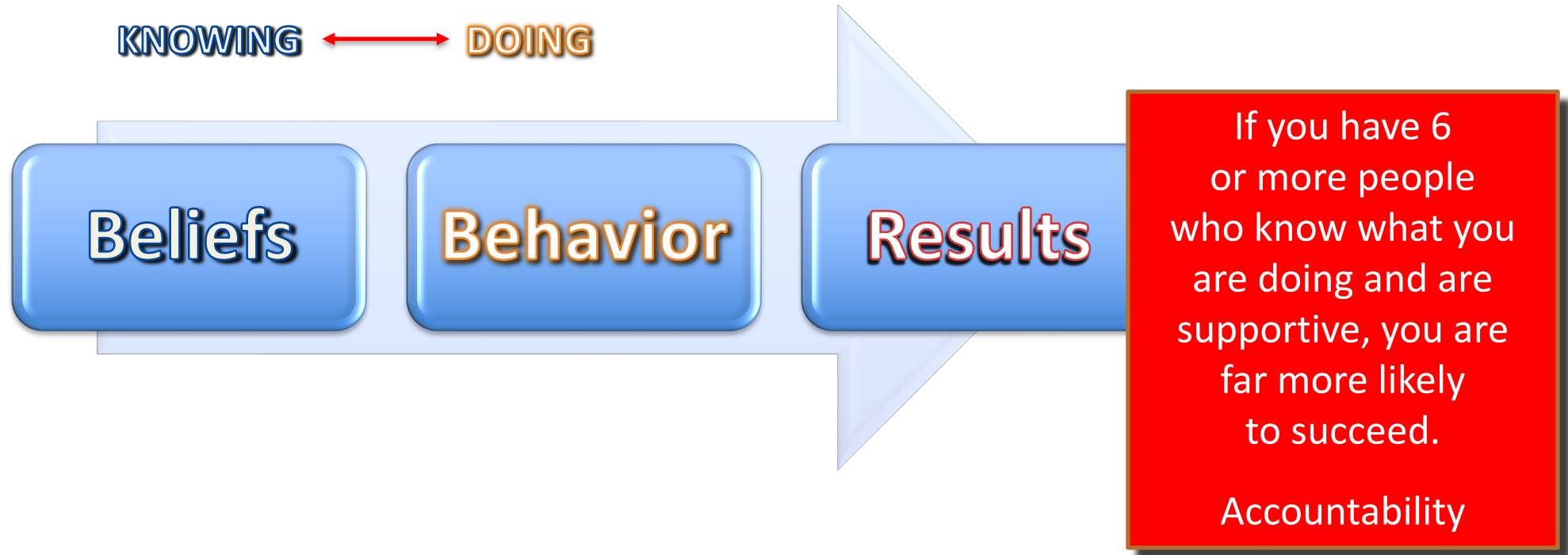
<sup>26</sup> But the Advocate, **the Holy Spirit**, whom the Father will send in my name, **will teach you all things** and **will remind you** of everything I have said to you. <sup>27</sup> Peace I leave with you; **my peace I give you.**



**<sup>6</sup> Do not be anxious** about anything, but in every situation,  
*by prayer* and petition, with thanksgiving,  
**present your requests to God.**

**<sup>7</sup> And the peace of God, which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus.**







**GracePoint  
Groups**

LOVE GOD, LOVE PEOPLE, CHANGE THE WORLD

Groups begin  
week of Feb 4th



GET  
**CONNECTED**

[groups@gracepointportland.org](mailto:groups@gracepointportland.org)

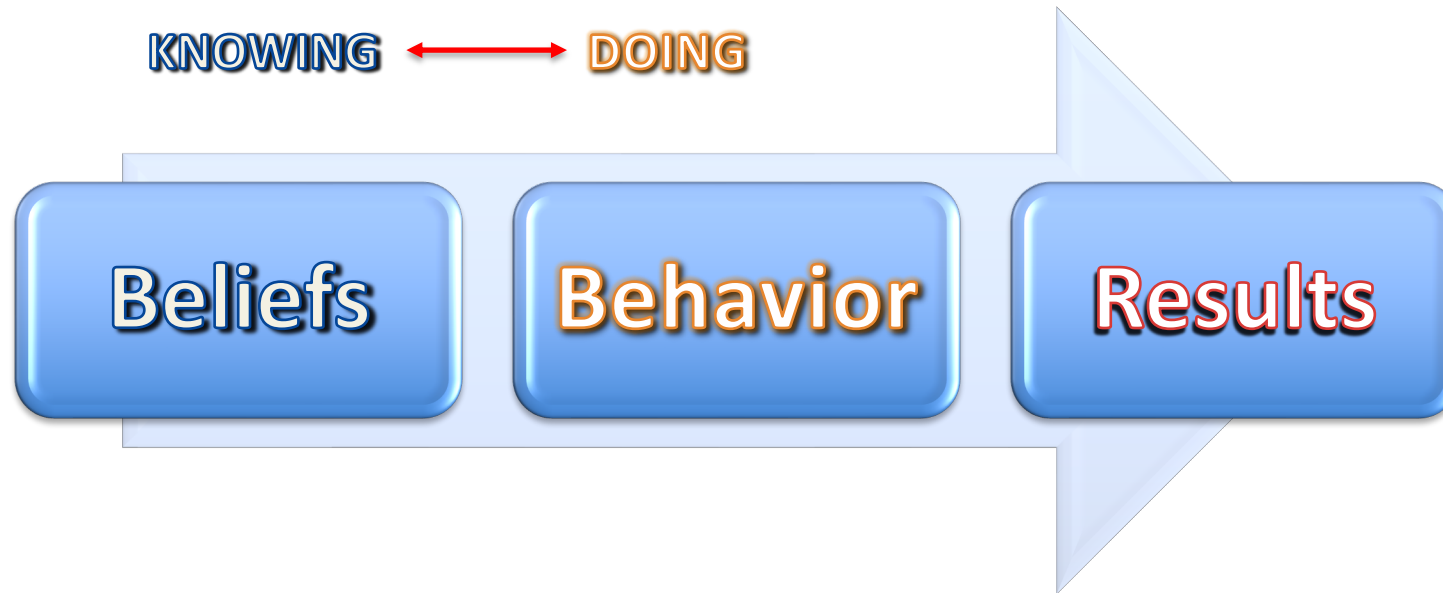
SIGN UP





<sup>2</sup> Do not conform to the pattern of this world,  
but be **transformed** by the **renewing of your mind**.

Then you will be able to test and approve what  
**God's will is** — *his good, pleasing and perfect will.*



<sup>6</sup> And I am **certain** that **God**,  
**who began the good work within you,**  
**will continue his work *until* it is finally finished**  
on the day when Christ Jesus returns.

