

A29. Internalized Change. Change from inside is irreversible. – When your personal pain becomes greater than the fear of changing that situation, change happens. It is internalized and it's yours.

1. 1John 1:8 *If we say that we have not sinned, we are fooling ourselves, and the truth isn't in our hearts. v9 But if we confess our sins to God, he can always be trusted to forgive us and take our sins away.* Fear comes in many packages. Look back at the feeling wheel
What was I afraid of and what is my victory promise?

Occultism and Spiritual Rejection	No condemnation ... in Christ Jesus. Romans 8:1

2. James 4:10 *Be humble in the Lord's presence, and he will honor you.* Change is one of our prizes that can be masked in fear. Pain is our freedom enforcer. Let freedom produce change. **Name pain and my scriptural foundation for victory?**

Rejection	I will never leave you nor forsake you... Hebrews 13:6

