

## THE TRANSFORMATION CHOICE

Life's Healing Choices  
Rick Warren

### 5 PHASES GOD USES TO CHANGE US JACOB

1. \_\_\_\_\_  
"Jacob heard that Laban's sons were saying, 'Jacob has taken everything our father owned and has gained all this wealth from what belonged to our father.' And Jacob noticed that Laban's attitude toward him was not what it had been."  
Genesis 31:1-2 (NIV)

"The messengers returned to Jacob and reported, 'We met your brother, Esau, and he is already on his way to meet you—with an army of 400 men!' Jacob was terrified at the news." Genesis 32:6-7 (NLT)

"Then Jacob prayed, 'O God . . . LORD . . . I am unworthy of all the kindness and faithfulness you have shown your servant. . . . Save me, I pray . . . for I am afraid.'" Genesis 32:9-11 (NIV)

#### **REALITY CHOICE:**

**Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing & my life is unmanageable.**

"God blesses those who . . . realize their need for him." Matthew 5:3 (NLT)

2. \_\_\_\_\_  
"After taking them to the other side, [Jacob] sent over all his possessions. This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. When the man saw that he would not win the match, he touched Jacob's hip and wrenched it out of its socket." Genesis 32:23-25 (NLT)

"Even in the womb, Jacob struggled with his brother; when he became a man, he even fought with God." Hosea 12:3 (NLT)

#### **HOPE CHOICE:**

**Earnestly believe that God exists, that I matter to him, & that he has the power to help me recover.**

3. \_\_\_\_\_  
"Then the man said, 'Let me go, for it is dawn.' But Jacob panted, 'I won't let you go unless you bless me!'" Genesis 32:26 (NLT)

#### **COMMITMENT CHOICE:**

**Consciously choose to commit all my life & will to Christ's care & control.**

"Do not let any part of your bodies become tools of wickedness, to be used for sinning; but give yourselves completely to God—every part of you—for you are back from death and you want to be tools in the hands of God, to be used for his good purposes." Romans 6:13 (TLB)

4. \_\_\_\_\_  
"The man asked him, 'What is your name?' 'JACOB', he answered."  
Genesis 32:27 (NIV)

**Jacob = "deceiver/manipulator"**

#### **HOUSECLEANING CHOICE:**

**Openly examine & confess my faults to myself, to God, & to someone I trust.**

5. \_\_\_\_\_  
"Then the man said, 'Your name will no longer be Jacob, but Israel' . . . Then he blessed him there. So Jacob called the place Peniel, saying, 'It is because I saw God face to face.'" Genesis 32:28-30 (NIV)

**Israel = "Prince with God"**

"Blessed are those who hunger and thirst for righteousness, for they will be filled."  
Matthew 5:6 (NIV)

#### **TRANSFORMATION CHOICE:**

**Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.**

"The sun rose above him as he passed Peniel, and he was limping because of his hip." Genesis 32:31 (NLT)

#### **Next Step**

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