HOW TO GET YOUR SPIRITUAL BREAKTHROUGH

10 STEPS TO TRANSFORMATION

JEFF SAXTON

Jeff’s ability to communicate truth mixed with humor and empathy borne out of love cuts through the noise that can often resonate from a public speaking pulpit.”

-ERIC BILD - WORSHIP PASTOR
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10 Steps To Transformation

I love the concept of “transformation.” It’s probably my favorite concept in all of life. I love the idea of something going from death to life - like a bullfrog or butterfly!

In the Bible, one of my favorite verses comes from Romans 12:1-2 where the Apostle Paul writes: “Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind.”

If the counseling, behavioral science and psychology communities could somehow get a revelation of this truth - our world would indeed be TRANSFORMED - by renewing our minds with the WORD OF GOD!

Ah, that’s the key - revelation. I have found that truth alone is not enough.

The Bible does us no good if we merely regurgitate the words but have no real understanding of it’s meaning. This is why the Holy Spirit is absolutely necessary to help us in the transformation process.

Here is a nice little EQUATION to start things off:

INFORMATION + REVELATION = TRANSFORMATION

Does this make sense to you?

We need the Holy Spirit to do exactly what Jesus promised he would do in John 16:13 “Guide us into all truth.”

No matter how transformed you are in certain areas, there always seems to be an area in our present reality that threatens to sidetrack us, if not totally debilitate us.

Success is dependent on total focus.

So the following are 10 Steps that you and I can take to experience TRANSFORMATION!

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1. PINPOINT THE PROBLEM

Pinpoint the main Problem. What is it that is holding you back right now? Do you even know?

Some of us have lived with our problem for so long, now denial has taken hold and we don’t even know why we are stuck.

If you have trouble admitting your problem to yourself, I would suggest setting up a few sessions with a trained counselor, pastor or therapist until you are able to get clarity of what exactly is holding you back.

The rest of us know very clearly what it is that holds us back. For some, it could be an addiction to constant busy-ness. Ironically, this person most likely has more than enough energy and drive for success, but they veer off track - like the airplane that easily takes off, but then begins to fly of course. Over time, you can find yourself completely lost and going in the wrong direction.

Or some others may fly off course out of fear of success. Did you know that some people actually have that weakness - the fear of success?

Maybe some fear losing their personal freedoms, an empty schedule with no one to bother us. Success may indeed throw all of that out of whack as a schedule continues to fill with meetings and opportunities that are the result of success.

Or maybe you struggle with an addictive behavior, or addiction to some kind of substance. Indeed, addictions are a huge time and money waster!

But you are stuck! You can’t get out of this rut alone! You need help!

The first thing you will need to do is admit you have a problem. You need to see clearly exactly what the problem is. Don’t worry about fixing it yet. Step one is to see it for what it is - to see THE TRUTH about your situation. Don’t fret! There is hope!

Baby steps! One step at a time is all you need to have a successful transformation. Don’t try to skip a few rungs. You’ll be sorry!

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2. UNDERSTAND THE HOLD

Once you understand WHAT the problem is, you then need to try to understand WHY?

Now I am not recommending that you psychoanalyze yourself at this point. (Or at any point! “Self” cannot psychoanalyze “self!”)

No. I am suggesting if at all possible you just take a few minutes and get away in your car. Park in a parking lot. And begin to jot down whatever comes to mind regarding your problem, or perceived problems, and emotions that go along with it.

These emotions may indeed point the way to some root causes you had no idea were constantly blocking your future success. Make an entire journal if you must that is dedicated to your healing and victory over issues that hold back your success in life.

If this process reveals to you that you have deeper issues that you cannot even begin to address on your own, you at least have a game plan for your healing - you need the help of a professional.

If you are not able to gain some basic understanding about why your problem is a problem for you, then once again a trained therapist is your best bet.

Regardless if you choose to get a minister, professional therapist to help you, or even a professional counselor… try to at least see why you struggle with your particular issues - when you get some clarity, any clarity, write that down in your private journal.

UNKNOWN BAGGAGE - SUDDENLY “KNOWN”

Now as we begin to look at our behaviors, and some associated negative beliefs or emotional baggage with those issues, many times we then see a deeper issue emerge. Perhaps a deeper issue is the root of your problem. Many problems in our lives are like trees. We see them because they are clearly in sight, above ground - proudly displaying their existence to us.
But every tree has deep roots that keep it in place. Your basic problem is a tree, visible to you. But underneath your problem very likely lies a deeper root cause.

Most of the time, these root causes are lies we have bought - that we are ugly, dirty, hopeless, unloveable, a loser, rejectable, unworthy, meaningless, useless… you get the idea.

I have worked with hundreds of co-workers in many work environments and I can tell you the truth is - most people have been negatively affected with these kinds of lies that lie at the root of their job performance.

You know the drill - we all get bombarded with these deadly thought bombs. Say you run a multiple staff business. Your insecure employees sometimes bash one another or even you as their boss in attempts to benefit themselves. I mean this is simply business 101, right? The reality is - many of these deep root issues threaten to daily disrupt your success.

And that’s just those that work for you.

How about you? Let’s say you go through a cycle of great new ideas for growth, and then instead of launching out step by step to actually implement those ideas, out of the fear of failure, you pull the plug.

Meanwhile they don’t know why they are feeling so insecure and totally paralyzed with fear about the new launch. And you now clearly see this cycle in your business, or even your life.

That would be a self-sabotaging cycle of your success that stems from a low self-worth or a fear of failure based in a deeper root issue.

In that case, until the root issue is discovered (You can’t just guess what this root is, you have to discover exactly what that root is!) you cannot move forward.

Really, you need the Holy Spirit to show you. I have found that He is faithful to show me when I am open to it.

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Look at the deeper emotions that surround your fear of failure - that is where the actual root cause is lingering, out of view. Believe me, these root issues like to hide as much as possible - they don’t want to be found out!

I’ll tell you one in my family - believe it or not it actually comes from my father’s family background, passed down to me and other siblings as I have now realized it. We come from a healthy stock of hard workers. I mean, we are reliable and we get the job done!

But we never make considerable money. I look at my family line and wonder why this seems to be the case - and one thing eventually stuck out in my mind - something I heard my amazing father say weekly. “Hogwash, that’s too good to be true.”

This doesn’t sound like a bad thing initially. It sounds kinda “down home, hard working advice from the working class.” But I started to see that my father had a tendency to dream of better and bigger from time to time, and even launch out in some kind of side-business venture, only to be stopped by some unknown force.

What was that force?

I had no idea until after a few business abortions, I realized that my dad was a great idea launcher, but often abandoned the follow through phase because, deep down, he just knew it wouldn’t really work out in the end.

Something was going to stop the success of us three boys as well one way or another because, like my dad always told us, “Hey making a lot of money in life is too good to be true.”

You see, this is maybe not a poverty mindset, but it is a mindset of unbelief linked to maybe a hidden root belief that “I did not deserve to make a lot of money.”

That’s one root I eventually saw recently that now - I am actively fighting daily with the same tools that I now give to you in this report.

My thought is this - what if something similar is blocking your success?

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DON’T DENY THE LIE

I know, your first inclination is to deny this notion. But, in the privacy of your own mind, just you and I here… what if?

Ask this RIGHT NOW to yourself. You deserve the right to know - is some kind of root lie robbing you of greater success?

Sure you may have achieved a considerable amount of success just to get where you are right now. Great. But what about THE NEXT LEVEL OF SUCCESS?

Do you want the next level?

When I think about the lies that have held me back in my life, I guess it makes me sad that I wasted the years that I did - until I finally was willing to look in the mirror so to speak and face the music.

IT IS TIME TO put the LIGHT on the LIE!

Let’s say you decide, once again, to turn away and deny what is holding you back. My question is, you think the day won’t come where you wish you would not have denied this opportunity RIGHT NOW to save yourself future failure, ministry or business abortions?

You see - when we decide to embrace even one of these lies, something really unfortunate happens - the lie takes root and begins to control our behaviors and eventually, if left unnoticed, can control our lives.

Your problem might be alcohol abuse, but your root issue might be that you believe the lie that you are dirty. Maybe your feeling of dirtiness has caused a deep depression, and your only go-to choice for dealing with this has been escape through substance abuse. This is a very common problem.

Let me tell you ANOTHER root issue that held me back, or could even still today regain ground and hold me back…

- I was bullied in elementary and junior high school.

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In fact, a couple of these bullies were a negative influence on my life for years. I started 7th grade as a straight-A student. But after a while, a few bullies began to regularly accost and harass me.

For the next two years my grades dropped to C’s and my parents never knew why. In fact, my choice for dealing with these bullies was to escape in overeating.

More accurately, my problem (tree) was overeating, but the overeating had a root cause unknown to others and in partial denial even to me which was rejection (roots).

You see, after so much abuse, I had a constant lie that was accompanied by very strong feelings that “I did not belong.” I had unknowingly picked up this lie, eventually believing it, and then embraced it, that I was rejectable.

The good news is - these bullies got their comeuppance. I don’t have time to go into detail, but let me say, prayer works.

For those of you that have never had a problem and reason to pray, well good for you. (maybe not) but for many people living today, surviving itself is not a guarantee day in and day out - and prayer and reliance in God is a necessity.

Even though I figured out my problem and the root cause, and began to allow the Word of God to slowly transform my heart, soul, mind, will and emotions… it took years to see considerable change.

Now, many decades later, I am happy to say I am quite free from the rejection cycle. YET - I must constantly keep it at bay, like a doberman on a chain, if I don’t watch it, that rejection can easily come from nowhere and literally begin strangling me.

The key is to understand why your issues have a hold on you so you can then move on to the next step.

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3. TRACK THE ROOT

Track back - to the root. When did you first feel this way?

I was able to eventually understand this rejection cycle that continued into my jr. high school years and ended by the time I was a senior. No longer was I small and bullied. (Insert evil laugh heh heh).

I had been smaller than my classmates for one thing, because I was born later in the year; I was a year advanced from many of my peers, and graduated at age 17, which meant I was late in my physical development. This made me a target for bullies.

After I graduated, I had grown 10 inches taller from the end of my sophomore year to the end of my senior year. I now am 6’ 1’’ and weigh 230 and trim and 60 pounds added muscle to my high school frame. Yep, I have transformed physically since then.

(I not only help people in business I also help people in physical health, conditioning and weight training.)

So now you would think getting so much bigger and stronger than those bullies was all I needed.

Yes. It was a great victory. My ego had now caught up to my peers. I was finally somebody! Yes that was surely a victory for me. But guess what?

Even though in concept I understood I was not at all rejectable - the damage had already been done inside my soul.

I never knew this was possible. I thought once I was over it, I was over it. Oh, how I wished we worked that way, my friend.

Not so. You see some emotional damage had occurred that I didn’t realize, It would take me into my twenties before I was really truly able to track the deep root of my issue, and then really began to get true healing and a new belief system in place.

But in my twenties I would be in the middle of a crowd, the life of the party, the center of attention, and then suddenly out of nowhere, this enormous

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emotional surge of rejection would come from nowhere and temporarily disable me.

Do any of you out there relate?

I know you do because many have told me your stories of similar strange emotional forces that send a temporary shut down to the system - very much like a power surge.

It takes several minutes to walk away for a few minutes and sit down, try to relax, try to speak the truth to my soul, and step back out there. Most of the time, I’m back to normal in a few minutes. My issue is just the tip of the iceberg.

SEXUAL ABUSE

Some of you may have been physically or sexually abused in your childhood. This is a very damaging experience, and the longer your abuse lasted, probably the greater the damage that occurred.

And it’s very possible that some reading this now have never even admitted to themselves or anyone else that it even happened.

Right now, some of you are saying to yourself, “No. Nope that didn’t happen. That was a nightmare! I convinced myself all these years that it was just a bad dream!”

You know, if you do have any speculation that you experience any kind of child abuse, I would get professional help as soon as possible. That may be needed before you can progress any further.

But once you get some healing and help, as soon as you are able come back to these steps and continue your transformation process!

You know what? The ideal scenario is this - while you are on the road to transformation, start transforming others right away! HINT HINT - You will recover and transform more quickly yourself as you help others. Such a deal!

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4. FIND THE HOOK

There is always a HOOK - a place where that lie embedded right into your soul - just like a fish who swallowed the minnow.

Unfortunately for that fish the minnow was attached to a giant hook! Like that fish, we sometimes swallow the lie - which allows it to embed deep within - into the black hole of darkness and emotional pain.

So just like that fish, what you need to do in order to break free is to find the hook!

Was there a spoken or unspoken decision, declaration, vow, fear-based reaction that has latched itself on to your soul every since?

Did someone say something damaging to you that has echoed in your mind every day up to this moment?

Have you experienced a tragedy in your life that also included a debilitating lie - “Your parents split because of you.” Or, “If you were normal, you would not have been abused this way.” Or, “God took your mom because you loved her too much.” Or, “You are the reason this bad thing happened. You are a waste of a life.”

These kinds of damaging lies are beyond “normal” - I mean to say, they have a diabolical flavor to them - it’s almost like the devil on your back saying the worst possible things to you.

When we are young, or immature in our faith, we don’t usually have the capacity to understand - the lie is not the truth.

In our pain and blindness, we embrace what we normally would instantly deny in better emotional days.

Often these lies are the HOOKS that control our personality and our emotional health, and certainly affect our choices, our pursuits and our goals.

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It may be painful, but now is the time to see these lies for what they are - hooks of wickedness that have a measure of truth in them but in total are absolutely not the truth!

These lies are incredibly damaging and crippling to human beings.

Perhaps you have always believed you are “different” than everyone else. And indeed there might be some truth to this - aren't we all UNIQUE? Of course we are! We are UNIQUELY made by a Creator with the best of intentions in mind.

But then the dark lie comes out of a bad experience, a tragedy, or an abusive act - This lie becomes a hook - something that latches into your mind and subconscious and you begin to re-interpret everything.

It’s like a blue filter over the lens of your mind, Everyone and everything in your life is filter through the blue lens.

The lie that says, “I am different than everyone else” is a damaging, yet very sticky “hook” because it literally is almost impossible to shake loose once it grabs hold to our emotions. The truth is ironically this “Yes, you are different, like everyone else.” or another way to say it is, “You are uniquely made.” The truth is your uniqueness are what make you a human being.

Are any two people alike?

Of course not, that’s what makes us collectively beautiful as every creation upon the earth. The truth is, you are different, like everyone else! But the lie desires to warp this beautiful concept - and hook into our emotions and do damage to our souls.

Perhaps well meaning or not so well meaning people spoke this lie to you over and over again, “You are so different! What’s wrong with you!”

Again the funny thing is that everyone is so different. Everyone. But the intent by some is to take this wonderful and beautiful truth, warp it, and use it as a dagger and a weapon instead of using this fact as an encouragement.

Maybe you were never able to live up to your parents expectations.

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Maybe all you heard growing up was how much of a failure you are. “You won’t amount to anything!” “Your so stupid?” “Why can’t you get straight ‘A’s like your sister?”

UGH. Here you are today trying to launch out and succeed in life, and these nagging statements are like hooks into the gills if your soul. No matter how hard you try, you cannot pry yourself free.

Once again, one step at a time.

You cannot skip these steps if you want to experience lifelong transformation.

You must find that hook, and see it for what it is. Maybe you are trying to please your father and mother to this very day. And this desire is met with an immediate depressing and debilitating thought, “But you have never gained their approval, and you never will.”

Soon you will be able to see that this hook must be unlatedh and tossed away.

But for now, see that this indeed is the hook that keeps you from success.

The truth as you will see in later steps, is that your mother and father probably never got their parents approval, and this in turn caused a bitterness and infection inside of them. Instead of rejoicing and celebrating their children’s victories, as well as cheering and encouraging them when they failed, they have offered this same poison of failure to their kids, grandkids, great grandkids…

It’s an insane cycle that probably makes them sick inside!

But they cannot control the bitterness and anger they have toward their parents, so they pass it along to their kids; and most cases, this is not done on a mental intelligence level (for surely they would never decide to do such a thing to their own flesh and blood) but on a subconsciously emotional level.

As far as it concerns you, they have so many convicting emotions inside, they are not able to say the truth - that you are a capable, successful

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individual who has every ability to succeed at whatever level you desire, and that you deserve to be loved and cherished by parents that are not so emotionally and relationally damaged.

Now as it concerns you - you must be the change, you must break the cycle!

It’s possible to be transformed - more than possible, but it does take a miracle.

“Oh no! Not a miracle!”

Easy. No worries. The miracle I speak of happens all the time, and can easily happen to you as well if you simply are willing to believe the truth!

These 10 steps show you how ANYONE can easily experience this miracle over and over if they are diligent. But still, please remember, transformation is miraculous - by definition.
5. REJECT THE LIE

Okay so once you locate the hook, you need to now deal with the lie. Locate the lie in the above example of trying gain our parents approval. The hook is the reality that you still are seeking your parents approval. The lie is that you are not approved. The lie says, “You are a loser! You won’t amount to anything!” This is a bold faced lie. Normally, you and I would easily dismiss this statement as a lie.

But when there is a hook - The fact that your parents may have said this lie to you over and over - now what was once easy to dismiss becomes almost impossible to ignore.

Usually we do embrace the lie, at least in part, when there has been a powerful emotional hook that thrust the lie into our hearts. Once the hook is seen - which in my example of bullies would have been the mocking and laughing and rejection they lashed out at me, the lie was this: “Jeff, you are "less than.” “Jeff, you don’t belong.” “Jeff, you don’t have any friends.” I think this lie went very deep inside me.

When we are physically attacked, we can obviously see the weapons, the ammunition, and the point of entry of the wound. But when it comes to emotional pain and wounding, unfortunately we are often blind, and at a loss for what to do about it. Most of the time we just deny that it happened, or we escape in various forms.

But now you see it for what it is. You can see that lie deep within your soul. You finally see the location of the hook, and understand why it has caused you so much pain and heartache. It’s time to renounce it.

Yes, you read that right! RENOUNCE THE LIE!

Why? Well you certainly don’t have to do anything, it’s a free world.

You can do whatever you want. But I want to recommend you do something that for some reason has worked the most for me and those I counsel and mentor over the years. I think something supernatural happens when we voice it. We acknowledge that is is real when we voice it.

We speak to those things which we have every inclination to defeat. It’s good for our spirit, soul and body. And also there is something about speaking the truth out loud that connects within our psyche.

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That’s why some of the best motivators speak positive things out loud to others and try to get others to do the same.

So what is “renouncing”? It can be as simple as you want to make it. Again you are your own person. The key is to speak out and reject, renounce, rebuke any and every negative lie that has caused you pain and stress over the years. Just get mad and tell it where to go! Then speak the truth about yourself, your success, your fabulous future, your every intention to make those negative thoughts wish they never came upon you!

Speak out success to your spouse, your siblings, your extended family, and everyone you come in contact with. If you feel weird about this - well yeah of course it is weird! But you know, that’s okay. You don’t have to do this everyday (but many of the most successful people in the world actually make this kind of positive reinforcement of speaking out loud positive private thoughts part of their daily routine).

It cleans out the mind. It really clears the cob-webs and allows you to start all over again.

Not everyone is going to have serious negative pain and damage caused by these hooks. But if you do, take this very seriously and begin to attack your fears, wounds, pain straight on!

You won’t be able to be the successful person your were created to be without this kind of determined perseverance.

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6. REPROGRAM YOUR MIND

Reprogram with the Truth - Healing begins **NOW**. At some level, this step should include some kind of healing.

Truth has been spoken. The lies have been plucked out of your soul. Negative voices that seem to hover over that wound have very interestingly dissipated. The wounds are beginning to be addressed.

As a minister, I have brought many people through this kind of “workflow” and once we arrive at this point, I always want to pray and ask God to give healing and restoration where there is wounds and pain and hurt.

I would even include music and praise or something similar so that the person can experience God’s overwhelming acceptance and love. This author believes Divine healing is the ultimate healing. A strong healthy and balanced Church environment can be a great place to experience the presence of God in a healing way. (REPROGRAMMING - WEBINARS, EDUCATION, PERSONAL GROWTH COURSES)

You see, many people including me have made an interesting study of millionaires, and people who struggle to make enough to keep the heat on in their homes every month. The end result is VAST! But the actually differentiation is a minute and perhaps comes down to a few thoughts, or series of thoughts…

and perhaps, dare I even say **ONE THOUGHT**?

In a word, Successful people, healed people make a few decisions in life that others either believe they should not make, or believe they cannot make.

This is amazing!

This small choice to believe or disbelieve is like a key that opens a huge treasure chest of physical riches, and certainly spiritual and relational riches. But only the one who believes that key will ACTUALLY UNLOCK THE CHEST will follow through and put the key in the keyhole and turn.

The rest of us - we potentially have set aside keys all our lives. Keys to hidden treasures are sitting at our feet every day! But the difference is, those that get healed believe enough to bend down and grab the key, and go to the treasure chest and open it.

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7. CHANGE YOUR BEHAVIOR

Change the behaviors that lead up to your old habit, way of thinking, point of past failures. You are now thinking a new way, so now create new behaviors.

When you believed the lie, it was virtually if not actually impossible to change your behaviors - because behavior follows belief. If you do not believe the bridge is safe, you certainly will not cross it. You must first change your belief before you can change behaviors.

When you believed the lie, your destructive behaviors followed that belief. But now, once the lie is revealed and rejected, you can embrace the truth, and the constructive behaviors that follow the truth will be possible. It takes time.

Baby steps. One step at a time! You have been reprogramed with the truth, now it is time to begin choices that are good and positive and productive. This was probably the first thing you tried when you began this transformation journey, but it was impossible to sustain.

Now that you have gone through the things that held you back, you can re-ignite your transformation journey and make the choices you once tried to make but failed.

You will fail again, and again, and again by the way. No one just suddenly has 100% success. Be like Michael Jordan, who claimed “I failed and failed all of the time, until I realized that by failing, I succeeded.”

Each failure has with it a priceless gem of truth, or additional information that you cannot get any other way. Failure is the pathway to success. Failure is the journey. Its through failing that man learned to fly, that NASA sent 3 men to the moon and back, that electricity became reality in our world.

Instead of fearing failure, embrace it.

You will surely “fail.” And if you don’t, that will be the greatest failure of all for you.

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8. SET UP SUPPORT

Set up support beams that reinforce the truth. Here are some fun yet effective examples:

Scripture on your wall, truth written on your chalkboard, or post it note.

Get rotating quotes of success and inspiration that redefine the truth you are now reprogramming your mind with constantly, everywhere you go.

Fill your mind with podcasts, songs, videos.

Find some mentors who are doing successfully what you one day dream to be doing, Subscribe to their email lists. Get some of their products, get anything you can free.

And stay on their sites daily/or at least weekly.

Keeping the truth before us in as many ways as possible will help us when the struggle comes or when temptation comes. The enemy is smart - they know how to spot an opportunity to get us when we are down. They know how to come “like a flood” and sadly that means they come at the worst possible times in our lives.

Another concept that Jesus taught was the importance of the body of Christ - the importance of local fellowship with other Believers just like you! We all know we fall short, and need one another to get back on the “saddle.”

And also you need some people in your life that are physically present. Alone won’t cut it. You need someone to pray with. You need a small group of other like-minded people.

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9. HELP SOMEONE ELSE

This might sound a little weird. But it’s a proven reality - that we tend to help ourselves better when we are helping others.

When I am scared in the middle of a storm, if I can reach out to someone else and try to calm them, many times I feel CALMER as well!

**Pay it forward.** Help someone else. Mentor someone else who struggles in the same or similar way - help reinforce your transformation.

Once you are on the other side of your transformation and enjoying a measurable amount of success and freedom in that transformation, take a look at others who are wanting to transform.

Help one of them along; be that mentor, that coach that they need to get through. Alone we are weak, sometimes very very weak, But together, we are strong. **There is power in speaking our truth to others.** It will bring your transformation to the next level.

And in fact, don’t wait until you are transformed - sometimes we help one another along together as we are being transformed.

There are schools of thought out there that say you should wait and concentrate on yourself before you start trying to help someone else. The idea is that you have to be really, really mature in Christ before you can reach out and pay it forward. I think that’s hogwash.

“Gee Jeff! Why don’t you tell us how you really feel?” Okay! Glad you asked. Ha.

Naw but here’s my point: they say that the time in which a believer is the most outspoken and excited about their faith is the first 6 months after their conversion to Jesus.

That means - the statistics say that we do the majority of our witnessing, inviting and outreach regarding the Gospel in our least mature state in Christ!

So now, in light of this... I think we debunk the theory that you have to be “complete” or “whole” or “mature” before you consider caring about others around you.

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10. ALWAYS KEEP WATCH

Always watch your back. Transformation takes a moment to begin, but a lifetime to keep.

You are one lie, one bad choice away from going back to the old habit.

Knowing your weaknesses is not a set up for failure, but a secret to continued success.

And have a group for accountability and prayer support.

Having that constant accountability is vital for ongoing victory. The fact is, we are weak, but He is strong. Alone, with your weakness, you are not strong, but weak. Contrary to what many Doctors of Psychology teach currently - this doesn’t mean something is wrong with you.

Rather, it means you understand the reality of your condition. Humans are eternally fatally flawed. Our sin nature has warped everything God intended for good. Now we must choose to walk in a new nature - called “The Spirit” in Galatians 5 and 6.

Don't put the Lord, or yourself to the test.

I am shocked how many people who have struggled with certain addictions continue to put themselves in situations of extreme temptation just after getting some freedom from the power of that addiction.

If lust is your problem, remove as many avenues as possible for getting that addiction any kind of fulfillment.

Get away from fire, or it will burn you.

There are many addicted people who “party hearty” after a time of painful treatment, counseling, therapy. I think we like to feel invincible.

But the fact is, if you are weak in an area (and we all have weaknesses, the Bible says) you need to take extra steps that some others may not need to take.

Accountability is great because you know there is a circle or trusted individuals whom you will be reporting any failures or bad choices.
CONCLUSION

I hope this report has been helpful to you in your journey of transformation.

It is a journey - and not a quick fix. And often, those who want victory over their issues have to come to understand that victory cannot be achieved without a submission to the Lord and a season of walking through these 10 steps.

But I know you can do it!

You are strong when you let God take the lead, and you allow Him to do what He wants in your life!

NEXT STEPS...

First of all - CONGRATULATIONS!

Secondly, I have a free gift for you. Its the Detailed Notes for The New Pharisee Seminar - and is a great NEXT STEP for those who seek deeper, ongoing Spiritual Transformation.

Thirdly

1. Read THE NEW PHARISEE
2. Join My Facebook Group

OTHER WORKS BY JEFF SAXTON

The New Pharisee, Heart of the City,

God bless you!

Jeff Saxton

PS. Please send me a quick note if you have questions or need help.
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