

# LASTING CHANGE

FROM THE INSIDE OUT

BY  
GREGORY DICKOW

REAL. FAST. LASTING. CHANGE.

# **Lasting Change**

## **From the Inside Out**

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For information, please write  
*Gregory Dickow Ministries,  
P.O. Box 7000  
Chicago, IL 60680*

or visit us online at [www.changinglives.org](http://www.changinglives.org).

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# INTRODUCTION

## **A Life-Changing Journey**

Like many things in life, the idea of “fasting from wrong thinking” was borne out of frustration. I like to call it Divine Frustration. It’s that feeling inside of us that says, “I’m tired of the way things have been, and I absolutely refuse to live like this any longer.” I was frustrated in my own life and in what I saw in countless others lives—trying to change but getting little, if any results.

This devotional —*Lasting Change From the Inside Out*— is a part of a revolutionary concept that has unlocked the secret to true and lasting change in the lives of every-day people like you and me.

It’s been said to take 6 weeks to form a good habit or break a bad one. That’s why I believe the Lord put on my heart to call people to this revolutionary system of change called Fasting From Wrong Thinking. It’s a 40 day journey of changing your thinking which changes your life.

Whether it’s change you need in your emotions, your relationships, your finances, your body or your habits, it all begins right here: in your thinking.

This is, in my experience, the simplest and most powerful way to experience real, lasting change.

A man or woman who conquers his/her thought life, cannot be conquered.

## *Day 1*

# “IF THINGS WERE DIFFERENT, I COULD REALLY SUCCEED.”



Today, we begin a 40-day journey of “fasting” from wrong thinking, “fasting” from failure to success, fasting from mediocrity to greatness. We will eliminate mentalities of failure and adopt mentalities of success. Fasting from wrong thinking begins with believing that: As a man thinks, so is he. So, let’s THINK God’s way and experience His success.

**Today we’re fasting from the thought that says: “If things were different, I could really succeed.”**

We dream of what we would do IF... if I had a better education; if I wasn’t tied down to this mortgage; if the economy was better; if people treated me better; if God would come through for me; etc. Notice the common thread of failure: IF.

### **CHANGE IT TODAY**

- 1. Drop the “IF”.** Stop waiting for things to get better before you make them better. Give up the excuse of “if only.” “If only I had this, or if only I had that.”
- 2. FACE life as it is. But don’t ACCEPT it as it is.** The four friends of the paralytic couldn’t find a way in the house because of the crowd (Mark 2:4). So they went up on the roof. They found a way where there was no way. They didn’t accept life as it was, but faced life as it was with their faith, and experienced the power of God.

- 3. Recognize YOU HOLD the power to do something with your life**, regardless of the economy, your upbringing, or your past mistakes. God has given you SEED to plant (your words, your choices, your money, etc.). Begin each day sowing a seed of faith, joy, love or hope. You have a smile—use it. You have a mouth to speak God’s Word, to declare His praise—do it.
- 4. Don’t wait for the perfect conditions.** Ecclesiastes 11:4 “He who watches the wind will not sow and he who looks at the clouds will not reap.” Don’t wait for the stock market, or real estate or the media to get better, before you do what you know to do. Make your life better by sowing the right seeds, beginning TODAY. Make good choices TODAY.
- 5. FORGET NONE OF HIS BENEFITS.** Focus on the good you already have, what God HAS already done. Psalm 103:2-4—He forgives all. He heals all. He redeems us from all destruction. The old hymn says: “For He has done great things. He has done great things. Bless His Holy Name!”

### THINK IT & SAY IT

I don't need things to be different before I succeed. I will make them different. I have the power to sow the seeds of a better life. I will not just accept whatever life brings. I will face it with faith and find a way through it. I will remember what God has done. He pardons all my sins. He heals all my diseases. He crowns me with victory. He satisfies my life with good things, so that my youth, vitality and outlook on life is refreshed and renewed, in Jesus' Name.

## Day 2

# THE SURVIVAL MENTALITY



**Today we're going to fast from what I call the "survival mentality."**

"If I can just pay my bills..."; "If I can just get my work done..."; "If I can just keep my job..."; "If I can just get through this...". These all seem like reasonable goals, but the fact is, they are born from a "survival" mentality. They position us to merely eke out a self-centered existence, rather than living the abundant life God created us to live. They set our sights too low to make a difference in anyone else's life or in the world.

**YOU ARE NOT JUST A SURVIVOR—YOU ARE MORE THAN A CONQUEROR and A GIFT TO THIS WORLD.**

### CHANGE IT TODAY

- 1. Start with the end in mind.** Proverbs 29:18 says, "Without a vision, the people run aimlessly." Develop in your mind a vision of victory, favor and blessing EVERY DAY. Begin to see yourself blessed, so that you can be a blessing (Genesis 12:1-3).
- 2. See yourself as a gift to the world**—a blessing and a problem-solver to others (1 Peter 4:10).
- 3. Expect abundance.** Just having "enough to get by" is small-minded, and prevents you from being a blessing to others. (John 10:10)
- 4. Have the right mental attitude toward people.** When you truly care about what is best for them, you will succeed. It's easy to smile when you want the best for someone else. It's easy to sell when you're trying to bless them.

5. **Put others first.** Truly want the best for the people in 'your world.' In tough times, it's easy to pull back and focus on taking care of self. But God's system works otherwise. In Genesis 13:8-17, Abraham put Lot, first. By doing so, God blessed Abraham—more than he could contain!
6. **ADD value to others.** Ask God to put a burning desire in your heart to make other people's lives better (not as a 'people-pleaser', but as a gift to their lives). When you do, you'll never lack a good job, successful business or healthy relationships!

### **THINK IT & SAY IT**

I thank God that I have a vision for my life. I am not surviving, I am thriving. I see myself blessed so that I can be a blessing. I am a gift to those around me. I add value to their lives, by seeking God's best for them. God has put in me the desire to love and serve others unselfishly. As I do, I will never be without. God's blessings will come upon me and overtake me, in Jesus' Name.

## Day 3

# “I HAVEN’T DONE ENOUGH TO GET GOD TO ANSWER MY PRAYERS OR BLESS ME.”



**Today we're "fasting" from the thought that says: I haven't done enough to get God to answer my prayers or bless me.**

When things don't go our way, we sometimes have this nagging thought that we're not holy enough or there's too much wrong in our lives to 'qualify' for God's blessing or favor.

Today we're letting go of this destructive mindset. We're ridding ourselves of a "merit-based" relationship with God.

All our lives we were told, 'you get what you deserve.' Well, the truth is, we all deserve judgment and hell. BUT GOD! (Don't you love those two words?!!!!!) Ephesians 2: BUT GOD being rich in mercy...doesn't give us what we deserve...

### CHANGE IT TODAY

- 1. We get what Jesus deserves!** Romans 8:17 says we are joint-heirs with Jesus Christ! His inheritance is ours. 1 John 4:17 says, "As He is, so are we in this world." We deserved the curse, but we get the blessing (Galatians 3:13).
- 2. Be COVENANT-MINDED.** You have a covenant with God (Hebrews 8:12-13). A covenant is a contract. In this case, it is a contract that is guaranteed by the shed blood of Jesus Christ.

- 3. Have confidence in God, not in yourself**  
(1 John 3:20-21). Confidence and faith are what draw answered prayer to our lives.
- 4. Reject condemnation.** It is our heart that condemns us (for our mistakes and shortcomings). When we feel condemned, we lose confidence. Then we can't receive from God (Hebrews 10:35).
- 5. Accept your freedom in Christ.** Romans 8:1: There is no condemnation for those who are in Him. If you're born-again, you are IN HIM!
- 6. Be GRACE-minded.** Grace is: God giving us what we don't deserve. Hebrews 4:16 says, "Come boldly and receive mercy and grace in your time of need."

#### **THINK IT & SAY IT**

I let go of the mindset that I'm not holy enough or haven't done enough to receive from God. I receive His promises by faith. I am a joint heir with Jesus Christ. I expect to get what He deserves, not what I deserve. I have a covenant with God, and therefore I have confidence He will hear me and answer. There is no condemnation in Him. I receive His grace, freely and lavishly, in Jesus' Name.

## Day 4

# “WHAT IF I DON’T MAKE IT?”



Today we're fasting from the thought that says: "What if I don't make it?" "What if I don't make it through this financial trouble?" "What if I don't make it through this sickness?" "What if I don't make it through this trial?"

We must eliminate this from our thought life, and our vocabulary. Even if you rarely think this, it's a mindset that the devil subtly uses to suggest the possibility of failure.

### CHANGE IT TODAY

- 1. Realize, you've already made it!** If you're a child of God, you are going to live forever. Sometimes, PERSPECTIVE is all we need to take the pressure off of our performance and temporary trial.
- 2. Whatever you're facing is TEMPORARY.** 2 Corinthians 4:17 says, "For our momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison." The trial is temporary. This too shall pass!
- 3. You are more than a conqueror!** (Romans 8:37) THIS HAS TO PERMEATE YOUR MIND. As it does, that's what turns it into a MIND-SET that creates the life of victory.
- 4. Faith always finds a way (Luke 5:19).** And JESUS is PRAYING FOR YOU that your faith will not fail (Luke 22:32).
- 5. The possibility of 'not making it' is not a part of the plan!** In Jeremiah 29:11, God says, "I know the plans I have for you—FOR GOOD, and NO HARM."

**6. Rest in the fact that God will never fail you, nor forsake you (Hebrews 13:5-6).** It's like a teacher that refuses to fail a student, no matter what he's going through...that's what God is like toward us!

**THINK IT & SAY IT**

I am more than a conqueror. No matter what I'm going through, it is temporary. I already have the victory. And this is the victory: My Faith. My faith will not fail, because Jesus is praying for me right now (Hebrews 7:25). God will not fail me. Love will not fail me. The Holy Spirit will not fail me. I will go through the mountain, go over the mountain or move the mountain, in Jesus' Name.

## Day 5

# “SOMEONE OR SOMETHING IS MISSING IN MY LIFE.”



**Today we're fasting from the thought that says: "Someone or something is missing in my life."**

This idea that something is missing is what often leads to failure, sadness and huge mistakes in our lives. It also can make us angry or bitter at someone for NOT being to us what we needed them to be.

### CHANGE IT TODAY

- 1. You are complete in Christ.** Colossians 2:10—in Him, you have been made complete. Complete forgiveness, complete love, and complete victory ARE YOURS TODAY.
- 2. Everything you need already BELONGS TO YOU in Him.** 1 Corinthians 3:22—All things belong to you. Romans 8:32—He freely gives us all things.
- 3. Embrace the peace of God in your life** (John 14:27). Jesus said, "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you". One of the definitions for peace in scripture is NOTHING MISSING. We have His peace! THINK ON THAT.
- 4. Expect God's supply.** Meditate on Philippians 4:19 which says, "My God shall supply ALL YOUR NEEDS according to His riches." It's not according to our perfection or our good works, but according to His riches.

5. **Understand that people will disappoint and fail us sometimes, but God will not.** That's why we put our hope in God! Psalm 42:11 says, Why so down cast, O my soul? Put your hope in God (not people)...the help of my countenance.
6. **Ask God to OPEN YOUR EYES to see what is already in you** (Ephesians 1:18, Ephesians 3:20). The Holy Spirit is in you. The Love of God is in you. Faith is in you. These forces of God's power are in you right now if you are born again.

### **THINK IT & SAY IT**

I am complete in Christ. There is no good thing missing in my life. I have all things in Him. My God supplies all my needs, and I expect His supply TODAY. I have the peace of God, which delivers my heart from trouble and disappointment. Even if people let me down, my God will uphold me and help me. I have the Holy Spirit, the love of God and the gift of faith in my life. I am complete in Him, in Jesus' Name.

## Day 6

# “WHEN ARE SUCCESS AND PROSPERITY GOING TO COME MY WAY?”



Today we are fasting from the thought that says, “When are success and prosperity going to come my way?” This mindset is preventing true success from flowing in our lives. When we wait for it to come to us, we miss the point of what it really is.

### CHANGE IT TODAY

1. **Success is NOT something we obtain.** It's something we are (Genesis 39:2). The Lord was with Joseph, so he became a SUCCESSFUL and PROSPEROUS man. Notice, prosperity was not something he had, it was something HE WAS.
2. **Just as the Lord was with Joseph, He is with you—and then some!** For Joseph, God was WITH him. For you, God is also IN you. 1 Corinthians 3:16 says, “Do you not know that you are the temple of God and that the Spirit of God dwells in you?”
3. **See the image inside of you** of a successful and prosperous person, regardless of what circumstances you find yourself in. Joseph saw himself prosperous, and therefore HELPING OTHER PEOPLE SUCCEED was not a threat to him. He knew who he was.
4. **You have a treasure in you** (2 Corinthians 4:7). We have this treasure in earthen vessels. Don't doubt the treasure in you. You have power, love and a sound mind. You have wisdom, faith and joy. The kingdom of God is IN you, etc.

**5. Remember what Jesus said: “The greatest among you is the servant of all”** (Matthew 23:11). Understand that this starts with KNOWING THERE IS GREATNESS IN YOU. Serving doesn't make you great. But when you realize the greatness God put in you, you will serve others gladly. When you are secure in your own success (on the inside, because God is with you and in you), you neither feel inferior nor superior to others; you're just happy to serve.

Failure can only come when we try to find success somewhere other than in us. God put it there.

### **THINK IT & SAY IT**

I don't need to wait for success to come my way. I am a prosperous and successful person, because God is with me AND in me. Wherever I go, I bring success. To prosper is not something I do, it's something I am. Regardless of my circumstances, success is in me. I will not wait for someone to give it to me. I have a treasure inside of me. That treasure makes me secure and confident so that I can freely and gladly serve others and see them become successful, in Jesus' Name.

## Day 7

# “I’M WORRIED ABOUT MY FINANCES AND WHAT’S GOING ON IN THE WORLD.”



**Today we are fasting from the thought that says: “I’m worried about my finances and what’s going on in the world.”**

Crisis hotlines and therapists are being flooded by the increase of anxiety, particularly over finances. There is an obvious connection between financial distress and emotional stress, depression, insomnia, migraines, and increased suicidal thoughts. Whether you are affected by the economy or not, ANXIETY MUST GO.

### CHANGE IT TODAY

- 1. Know that God wants to take care of you, and take the care off your mind.** Cast your care on Him. How? Tell Him what you’re anxious about. Ask Him to take care of it. Remind Him that He promised that He would. Praise Him for the answer. THEN, think only thoughts that are good, filled with expectation, faith and the answers God will give (that’s my paraphrase of Philippians 4:6-8).
- 2. Believe that He will supply ALL your needs** (Philippians 4:19). Sometimes, it’s not “money” we need to solve a “money” problem. We need wisdom, ideas and insight. God will provide, whatever the need is. Trust Him and expect.
- 3. Ask God for wisdom** (James 1:5). The Bible also says that wisdom is MORE VALUABLE THAN silver and gold

(Proverbs 8:11, Proverbs 3:15). Ask God for it, and believe you have received it.

- 4. Meditate on the people of scripture whom God provided for.** In Psalm 37:25, David said, "I was young, but now I am old, and I have NEVER seen the righteous forsaken or His children begging for bread." Also, Genesis 24:1, which says "and the Lord blessed Abraham in ALL THINGS." Expect this blessing in all things in your life. Why? Because you are the seed of Abraham! (Galatians 3:29)
- 5. ASK GOD TO PROSPER YOU.** Be specific. Psalm 118:25 says, "O Lord, I beseech You, send prosperity now."
- 6. See yourself as irresistible.** That may sound strange, but you are fearfully and wonderfully made. Expect that people will want to hire you, keep you, or buy from your business. As a child of God, you have love, faith and power on the INSIDE of you. You are made in the image of God. See yourself that way. You have what people need. Believe it. You have not been given the spirit of fear (2 Timothy 1:7).
- 7. BELIEVE IN THE CREATIVITY OF GOD.** He is not limited to meeting our needs with just money or our job. He provided water out of a rock, manna out of heaven, and fish from an empty lake! He is Jehovah Jireh—our Provider (Genesis 22:8).

### THINK IT & SAY IT

I surrender my specific anxious thoughts to God. I believe God cares about my every need and wants to meet ALL my needs. I may have a need, but He has a supply! I thank Him for the answer, and I think on all the good He has done and will do in my life.

I receive the wisdom of God, and expect that wisdom to empower me more than silver or gold. I receive the prosperity and provision of God.

I am VALUABLE, because I am fearfully and wonderfully made. I have the blessing and gifts of God on the INSIDE of me. I have what people need, therefore I will always be in demand.

I believe God has countless ways to meet my needs, and I thank Him for providing, in Jesus' Name.

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For information, please write  
*Gregory Dickow Ministries,  
P.O. Box 7000  
Chicago, IL 60680*

or visit us online at [www.changinglives.org](http://www.changinglives.org).

# INTRODUCTION

## **A Life-Changing Journey**

Today, you begin a journey that will change your life forever!

This journal is a part of a revolutionary concept that has unlocked the secret to true and lasting change in the lives of thousands around the world. For 40 days, we are going to go on a revolutionary fast. It's NOT a fast from food; but rather a "fast" from wrong thinking. *In 40 days, you will be transformed through the renewing of your mind and discover a whole new you.*

As you exchange negative mindsets with the mindsets of God's Word, you will discover yourself changing naturally and supernaturally—FROM THE INSIDE OUT!

The testimonies continue to pour in from many who have joined this "*thought revolution*". People have lost weight without even trying. Many have broken free from addictions such as smoking, drinking, and overeating. Others have overcome negative emotions such as anger, depression, anxiety and panic attacks—just to name a few. Marriages have been restored, family members saved, and relationships made whole. Others have seen breakthroughs in their jobs and increase in their finances. *The dramatic and lasting changes are real and simply amazing.*

Day by day, thought by thought, you will receive the simple, yet profound truths that will produce the lasting change you need in your emotions, your body, your health, your finances, your relationships, and in any area of your life.

If you stick with me throughout this journey, I promise...YOU WILL NEVER BE THE SAME AGAIN.













