



Exhortation

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The REAL Desire

Before you can have a renewing of your mind, you need to understand the necessity and the importance of renewing your mind. **Anyone who wants to make it in life and change certain behaviour patterns will do whatever it takes to renew their mind.** If you will renew your mind, you can actually be "transformed." Many people are where they are right now because they have never made a decision to change. They have never decided to improve or grow. In other words, until you make a decision to change, nothing is going to happen.

By Stephen Galvano, in his book, "Time to Change"

It is interesting to know that God often waits for us to show the REAL DESIRE to change before stepping in to change our circumstances. While I may often think of the few circumstances that I wish God would change for me right now, I should actually think more of how I can show the "REAL DESIRE to change" in those circumstances, in order to PREPARE THE WAY for God to step in.



"The REAL DESIRE" means that you are taking every step within your capabilities to change your *modus operandi*, rather than attempting to change the situation. For example, if you are someone who often forgets information, thus causing you to default on your commitments to God and others, then "REAL DESIRE" should make you create a to-do list and paste everywhere you are bound to see it. Another example is if you are someone who is *slow to listen, quick to speak, and quick to become angry*, which is the exact opposite of what Apostle James advised us in his book, then you should be *quick to repent, and quick to apologize*, especially when being reminded of this attitude. **REAL DESIRE means tirelessly learning, and seeking and accepting help and advice from others, while praying continually for God to intervene in your difficult circumstances, or your desire to CHANGE, GROW and BLOSSOM.**

According to Apostle James, "If anyone lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does."

This begs the question of how often we actually ask God for wisdom, or for the REAL DESIRE to change. I strongly believe that the possession of **the REAL DESIRE to enhance our personality is a gift from God**, like wisdom and the likes; and that **praying for God to give us that REAL DESIRE to change our sinful, unproductive and ineffective ways is the FIRST STEP to a change of heart, character, habit and personality.** Furthermore, I categorize the hindrances to having that REAL DESIRE to change, into three: Upbringing, Laziness and Pride – and all

are prominent weapons of the devil. (And of course, as always, the [Holy Bible](#) outlines specific ways of combating the devil's schemes in passages like Ephesians 6:10-17.)



Basically, we learn certain bad habits during upbringing, and then get lazy about making the necessary effort to change them even though their adverse effects are obvious. Then pride, which is the most destructive of them all, restrains us from accepting the help that God proactively and graciously directs our way. In retrospect, we grow up with a big baggage of sinful characters, like those we pay extra-luggage fees for at the airports; then our laziness or procrastination, which is another form of laziness, causes us to not make the necessary effort to get rid of these sinful characters just like the junk in our garages; and finally, our pride makes us to not seek, or even accept the help that God proactively and graciously sends our way. Sadly, this process catapults millions and millions of people, including Christians, through the wide gate and broad road that leads to destruction, mentioned by Jesus Christ in Matthew 7:13-14. The effects of these sinful characters are unhappy marriages, divorces, dysfunctional families, suicides, lack of personal growth, and the likes. Even more sadly, is the fact that we "unintentionally" plant the same destructive seeds in our children, and then expect better outcomes. **Our upbringing is meant to ACTUALLY bring us up, and NOT bring us DOWN!**

For you to demonstrate the REAL DESIRE to change, you need to, first of all, know your characters (sinful nature) that you need to change – Is it pride, selfishness, laziness, procrastination (which is just another form of laziness), harshness, jealousy, discord, and other characters listed in passages like Galatians 5:19-21? Ask yourself this moment what your weaknesses are that deterring your personal effectiveness, and consistently hurting those around you. If you are unsure, ask your spouse and children. And if you still need further clarification or are a visual person like myself, then consult me @ no cost to developed your "[Personality Dashboard @](#)", which will clearly identify your Strengths, Weaknesses, Opportunities and Threats. In the words of Dexter Yager, "What you believe doesn't amount to much unless it causes you to wake up from your dream and start working. You cannot just dream yourself into what you could be. The only time a lazy person ever succeeds is when he tries to do nothing. Some say nothing is impossible, yet there are a lot of people doing nothing every day."



It is said that success is a ladder you cannot climb with your hands in your pockets. A student who MUST pass his examinations must DEMONSTRATE the REAL DESIRE to do so by consistent studies, asking questions, and working with both his tutors and fellow students. A Christian who has the REAL DESIRE to get to heaven MUST live by FAITH and DEEDS – obvious deeds, for faith without deed is dead! My friend, half effort does not produce half results . . . It produces NO result! He who DEMONSTRATES the REAL DESIRE is NOT lazy, does NOT procrastinate, does NOT complain, makes NO excuses, and blames NO-ONE. Sitting still and wishing makes no person great; the good Lord sends the fish, but you must dig the bait. According to Vince Lombardi, "Winning is not a sometime thing; it's an all the time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is habit. Unfortunately, so is losing. The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. **The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will**".



Stephen Galvano continued in his book, "Time to Change"; "You MUST possess a strong desire to change for desire is the motivation of life. You can have an initial desire for something, but if you don't give attention to it you will lose that desire. **Whatever your desire, attend to it; cultivate it; and work at it.** If you don't attend to your desire (to change), you will lose the motivation that led you to the process of change. Desires are created and must be followed by appropriate action". In his letter to the Corinthians, Apostle Paul said, "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize".

Like Og Mandino, **I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand.** Henceforth will I apply all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy. I thank God that I know (most of) the areas of my life that I need to change through prayer, studies and openness to feedback; and I remain committed to DEMONSTRATE the REAL DESIRE through constant Bible study; seeking advice from others; reading applicable self-help books; examining spiritual, psychological and philosophical researches; being involved in the development of others; and most importantly, quick to recognize and admit my weaknesses and opportunities to myself and to others. In addition, I will consistently and diligently "Watch and pray so as not to fall into temptation". For, like Jesus Christ during His days here on earth, the spirit is willing, but the body is weak. When we do this, God will not hesitate to bless our effort, because **HIS MERCY, COMPASSION and GRACE are INFINITE.**

Alex Nosa Ihama is a Freelance Writer, Motivational Speaker and a Consultant and Coach in Business, Leadership and Personal Effectiveness who **dispenses encouragement worldwide** through his website, www.TheExhortation.com, motivational speeches and articles, and Personal Effectiveness workshops and events. Together with his Running Wife, Stephanie, a Fitness Coach who currently train and motivate marathoners and long distance runners, they founded **The Exhortation World Outreach.**

Alex developed the Personality Dashboard®, which is a tool used to accurately discover and measure personality strengths and opportunities, and provides physical and remote one-on-one coaching sessions to a diverse group of people around the world, in order to enhance their personal effectiveness, marriage, parenting, relationships, career, businesses, finances and spirituality. He also facilitates quarterly Marriage Enrichment Forums, the annual Mighty Men Convention, and other events aimed at EQUIPPING, ENRICHING, EMPOWERING, ENCOURAGING, ENERGIZING and EXHORTING people to GREATNESS.

For more information about Alex and Stephanie, **The Exhortation World Outreach**, or to start receiving your *free* REGULAR dose of ENCOURAGEMENT, as well as BENEFIT from our ENRICHING and ENERGIZING Programs, Resources, Newsletters and EVER-GROWING knowledgebase, REGISTER now by sending an email directly to alex.ihama@TheExhortation.com.

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