


# The Exchange Form Step 1: RECOGNIZE

**Triggering Situation:**

THOUGHTS	→	FEELINGS 	→	BEHAVIORS

# The Exchange Form Step 2: REJECT

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<b>Who I believe I am</b> (worldly identities)	+	<b>Who I believe God is</b> (worldly misperceptions)	=	<b>How I believe I have to live</b> (the world's way)

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**Prayer of Confession and Repentance:**

# The Exchange Form Step 3: REPLACE

<b>Who God is</b> (in reality)	=	<b>Who I am</b> (in Christ)	+	<b>How to live</b> (God's way)

**My Scripture:**

# The Exchange Form Step 4: REJOICE

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THOUGHTS	→	FEELINGS	→	BEHAVIORS

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**Prayer of Transformation and Adoration:**