I. ADMIT THAT YOU NEED TO CHANGE.
   A. Some people don't think they need to change anything about themselves—Proverbs 16:18.
   B. How can we get past our pride?—James 1:23-24.

II. SECOND, WE MUST WANT TO CHANGE.
   A. There can be no change at all until we really want to change.
   B. Why don't we want to change?
   C. You can't change someone who doesn't want to change.

III. THIRD, WE NEED HELP TO CHANGE.
   A. This is what the Bible says—Ecclesiastes 4:9-10.
   B. This need for help is evident in the many 12 step programs.
      1. Christian friends can help us change—1 Thessalonians 5:11.