



## Moving from the Status Quo Using - "Force Field Analysis"

7-Up's – Men's Prayer Group  
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Have you ever wanted something, but did not know how to get it?

Today I am going to share with you a tool developed by Kurt Lewin – known as Force Field Analysis.

The tool is quite simple; however, it takes thought and understanding to make it work.

Each part of the tool has sub-steps that need to be done for the tool to be effective.

The tool is composed of four (4) parts:

- 1) A Goal
- 2) The Status Quo
- 3) Restraining Forces
- 4) Driving Forces



I will address the four parts and give an example of how it could work within our daily living based on Christ teachings.

The Goal must be what is considered a S.M.A.R.T. goal. That is the goal is:  
S – Specific (Who, What, Where, Why)  
M – Measurable (How)  
A – Achievable  
R – Realistic  
T – Timely (When)

In his Sermon on the Mount, Jesus talks of "Love your neighbor" in Matthew 5. In Matthew 5:48 (KJV), Jesus states "Be ye therefore perfect, even as your Father which is in heaven is perfect."

This is a statement for us to follow. If it is something for us to follow and do, then it is a goal. Therefore, our **GOAL** is:

**"Be ye therefore perfect, even as your Father which is in heaven is perfect."**

Now that the goal has been set, we begin the analysis of the **STATUS QUO**.

As the old gospel song goes – "**Standing in the need of Prayer**". Yes, its me, 'O Lord' standing in the need of prayer – not my brother, nor my sister – etc. This means that I am not being perfect, as my Father in Heaven is perfect. I might be a prodigal son.

The **RESTRAINING FORCES** are those things in which I am standing in need of prayer – such as:

- Pride
- Envy
- Lust
- Hate
- Jealousy
- Gluttony
- Stealing (ideas – violating copyright)
- Killing (other people's ideas)
- Adultery
- Self-righteousness
- Arrogance
- Breaking other Commandments & Etc.

Now I must look to that part of the tool known as **DRIVING FORCES** to see what I can use to reduce, eliminate, or avoid those restraining forces.

Some **DRIVING FORCES** in my life are:

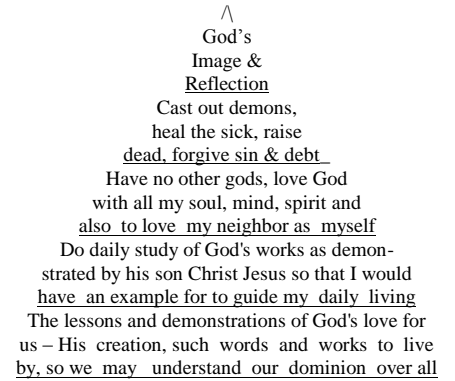
- Knowing of God's love for me
- Jesus died for the sins of mankind
- Christ arose and overcome death
- My Redeemer lives
- God's G R A C E (God's Redemption At Christ Expense)
- The Sermon on the Mount as a guide
- The laws of God (10 Commandments)
- Christ Jesus life as an example to follow
- Bible characters to study/learn lessons
- Old Testament – Owners Manual
- New Testament – Repair Manual

Abraham Maslow – Behavioral Scientist presented his hierarchy of needs and it looked much like a pyramid.

<u>Physical/Emotional</u>	△	<u>Spiritual Reflection</u>
Actualization	△	Perfect Man
Self-esteem	△△	Emulate Christ
Belonging	△△△	Obey God
Safety/Security	△△△△	Daily work
Physiological needs	△△△△△	Daily bread

Once man has food, clothing, and shelter – he seeks the security of maintaining it. Once this is secure – man seeks to belong and to

begin expressing himself (leadership) and feel good about what he has accomplished (self-esteem). Next man truly seeks the who he is. Below is a spiritual pyramid of man following Maslow's hierarchy (JM-interpretation)



To move from the **STATUS QUO to/toward** the **GOAL** it is more important to **eliminate** the **RESTRAINING FORCES**. This **means change**.

It has been said that only babies with wet diapers like change. However, change is necessary. The best way to kill the enemy is to make him your friend. The best way to break a bad habit is to create a good habit as a replacement.

Consider eliminating behaviors, feelings, and attitudes (BFA) that limit you with principles, values, beliefs, priorities, strategies, and actions (PVBPSA) that empower you. Or even better still, follow what Jesus taught in the Sermon on the Mount and let your light shine.

There are currently many individuals on the motivational circuit who are serving as consultants to corporations and are teaching an ethical (biblical) based approach to business.

Some Consultants/Authors -  
Steven Covey – teaches his 7 Principles.  
Deepak Chopra – teaches his 7 Principles  
Hirham Smith – Franklin Quest

With all said – if we follow the path that Jesus taught his disciples to follow; then the movement from "Standing in the need of prayer" to "Be ye therefore perfect, even as your Father which is in heaven is perfect." could be possible – it is timely for us all to emulate the teachings of Christ Jesus more and more in our daily life.

Or as Steven Spielberg, "Star Wars," might say – "May the Force be with you."

Accentuate the positive – eliminate the negative – allow no Mr. In-between.

Refrain

It's me, it's me, O Lord, standing in the need of prayer. It's me, it's me, O Lord, standing in the need of prayer.

- 1. Not my brother, not my sister, but it's me O Lord, standing in the need of prayer. Not my brother, not my sister, but it's me O Lord, standing in the need of prayer.
2. Not the preacher, not the deacon, but it's me O Lord, standing in the need of prayer. Not the preacher, not the deacon, but it's me O Lord, standing in the need of prayer
3. Not my father, not my mother, but it's me O Lord, standing in the need of prayer. Not my father, not my mother, but it's me O Lord, standing in the need of prayer.

How Great Thou Art (77)

O Lord my God! When I in awesome wonder Consider all the worlds thy hands have made, I see the stars, I hear the rolling thunder, thy pow'r throughout the universe displayed,

When through the woods and forest glades I wander and hear the birds sing sweetly in the trees; When I look down from lofty mountain grandeur and hear the brook and feel the gentle breeze;

And when I think that God, his Son not sparing, Sent him to die, I scarce can take it in; That on the cross, my burden gladly bearing, He bled and died to take away my sin:

When Christ shall come with shout of acclamation and take me home, what joy shall fill my heart! Then I shall bow in humble adoration and there proclaim my God, how great thou art!

Refrain:

Then sings my soul, my Savior God to thee; How great thou art, how great thou art! Then sings my soul, my Savior God to thee; How great thou art, how great thou art!

Amazing Grace (378)

Amazing grace! How sweet the sound that saved a soul like me! I once was lost, but now am found; was blind but now I see.

>Twas grace that taught my heart to fear, and grace my fears relieved, how precious did that grace appear the hour I first believed.

Through many dangers, toils, and snares, I have already come; >tis grace hath brought me safe thus far, and grace will lead me home.

The Lord has promised good to me, his word my hope secures; He will my shield and portion be, as long as life endures.

Yea, when the flesh and heart shall fail, and mortal life shall cease, I shall possess, within the veil, a life of joy and peace.

When we've been there ten thousand years, bright shining as the sun, we've no less days to sing God's praise than when we'd first begun.

What is your favorite hymn(s)?

Do you know why they are called hymns and not hers? Because they end with A\_ \_ \_.

From Matthew 5 - Complete the following:

- Blessed are the poor in spirit: for theirs.
Blessed are they that mourn: for they shall
Blessed are the meek: for they shall inherit
Blessed are they which do hunger and thirst
Blessed are the merciful: for they shall
Blessed are the pure in heart: for they shall.
Blessed are the peacemakers: for they shall.
Blessed are they, which are persecuted for righteousness' sake: for theirs is.
Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for

From Exodus 20 - Complete the following:

- Thou shalt have no other
Thou shalt not make any
Thou shalt not take the name of
Remember the Sabbath day and
Honor thy \_\_\_ and \_\_\_
Thou shalt not \_\_\_
Thou shalt not commit \_\_\_
Thou shalt not \_\_\_ (except in baseball)
Thou shalt not bear false
Thou shalt not \_\_\_ thy neighbor's nor

Complete the Following:

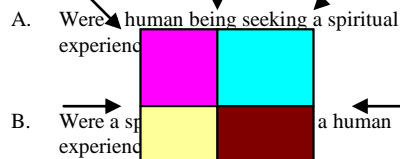
John 3:16 For God so loved the world, that he gave
John 1:1 In the beginning was the Word, and \_\_\_
John 1:17 For the law was given by Moses, but grace -
John 4:24 God is a Spirit: and they that worship him -
John 1:3 All things were made by him; and without -
John 3:6 That which is born of the flesh is flesh; and-
Matt. 5:16 Let your light so shine before men, that -
Matt. 6:21 For where your treasure is, there will -
Matt. 6:24 No man can serve two masters: for either -
Matt. 7:1 Judge not, that ye be
Matt. 8:22 ... Follow me; and let the dead
Mark 1:11 ... Thou art my beloved Son, in whom
Luke 1:37 For with God nothing shall
John 8: 32 And ye shall know the
Psalms 23:1 The LORD is my shepherd; I shall
Proverbs 3:6 In all thy ways acknowledge him, and he

What are some of your favorite scriptures?

What might you do to remove RESTRAINING FORCES from your life in order to reach your GOAL?

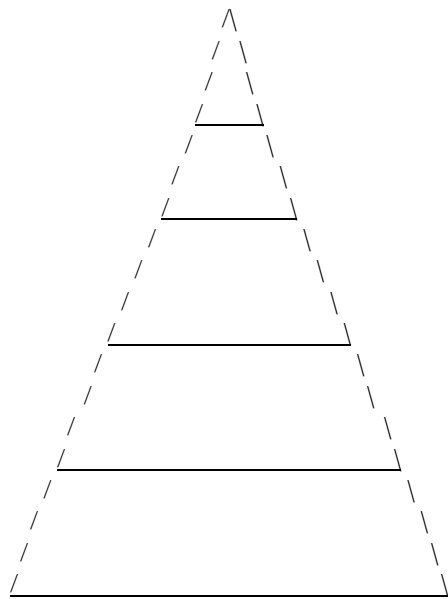
What resources are available to you as DRIVING FORCES in your life?

How would you view this information if you



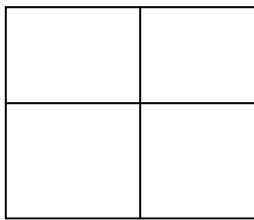
What is your point of view? What do you see?

**Pyramid Reminders**



Maslow	Spiritual Growth	Goal Setting	Financial
Actualization	God's Image	Actions	Sovereign
Self-esteem	Christ Emulation	Short Term Goals	IBC/Trust
Belonging	Obey God's Laws	Mid-Term Goals	LLC/Limited Partner
Safety/Security	Daily Works	Long Term Goals	EIN/Sole Proprietor
Physiological Needs	Daily Bread	Basic Principles/Values	Job/SSN – (W-4)

**Windows**



**Martindale**

Know	Grow
Care	Share

**Covey**

I Firefighter	II Strategist
III Delegate It	IV Forget It

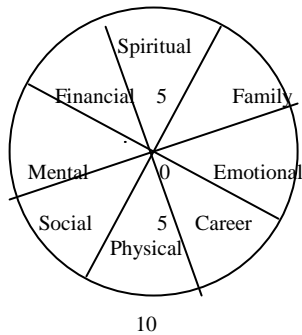
**Johari**

Know of - I Do You Do	Know of- I Do You Don't
Know of - I Don't You Do	Know of- I Don't You Don't

**Smith**

Learn	Live
Laugh	Love

**Balance Wheel**



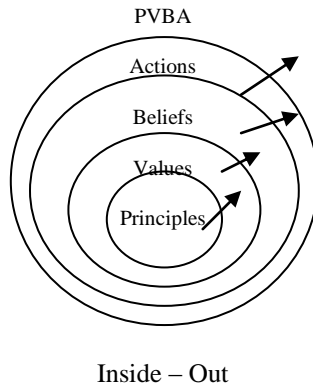
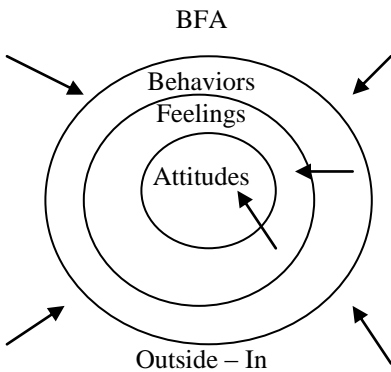
Where are you from 0 to 10 in each area?

**Spiritual/Physical  
(Faith/Fitness)**

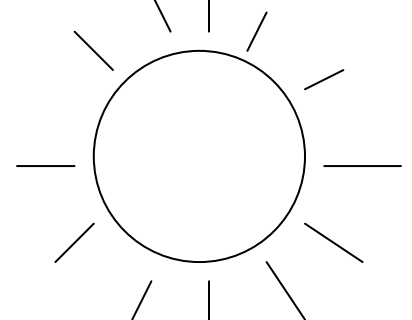
**Mental/Emotional  
(Facts/Feelings)**

**Family/Social  
(Family/Friends)**

**Financial/Career  
(Financial/Field)**



“Let Your Light So Shine”  
Matthew 5:16

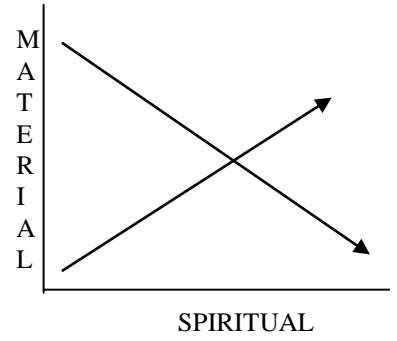
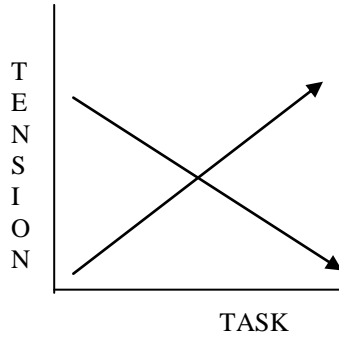


Know  
Love  
Believe

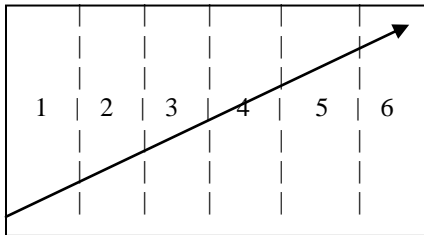
Imagination  
Enthusiasm  
Patience

We do not learn by thinking nor by doing,  
but rather, by thinking about what we are  
doing.

We do not learn as a result of what others  
do, but rather as result of what others get us  
to do.



Learning Steps



Skill Development

1. Explanation
2. Demonstration
3. Work Drill Max. Support
4. Work Drill Min. Support
5. Work Drill No Support
6. Test

Spiritual Development

1. Jesus' sayings
2. Jesus' works/ crucifixion
3. Sending of Holy Spirit/Comforter
4. Old and New Testament lessons
5. Trials, tribulations, daily life based on faith
6. Judgment Day (saved by Grace?)

Romans 10:8-14

Romans 11:5-6, 16-24

2<sup>nd</sup> Corinthians 4:16-18

Galatians 3:8-14

Ephesians 6:10-17

Philippians 2:12-18

2<sup>nd</sup> Thessalonians 2:13-17

1s Timothy 6:11-14

Hebrews 11:1-3

James 2:14-26

1<sup>st</sup> John 2:22-25

## Driving Forces

Knowing of God's love for me.
Jesus died for the sins of all mankind
Christ arose to overcome death and show the way
My Redeemer lives
GRACE (God's Redemption At Christ Expense)
Sermon on Mount for Guide (Matthew chapter 5-7)
God's Laws – 10 Commandments (Exodus 20)
Teachings of Christ Jesus
Demonstrations of Christ Jesus
Bible characters to study and learn from their experiences
Old Testament – study as an Owners Manual
New Testament – study as a Repair Manual
What God creates is good and perfect
With God all things are possible
Other:
Other:
Other:
Other:
Other:

## Status Quo

(Where I am Today)

“Standing in the Need of Prayer”

## Restraining Forces

Pride
Envy
Lust
Hate
Jealousy
Gluttony
Stealing (ideas, etc.)
Killing (ideas, etc.)
Adultery
Self-righteousness
Arrogance
Following false gods (it's the economy-stupid)
Burden of debt
Non-forgiving of self
Non-forgiving of others
Selfishness
Other:
Other:
Other:
Other:
Other:

## Goal

(Where I want to be on Judgment Day)

“Be ye therefore Perfect, even as your Father which is in heaven is perfect”

Matthew 5:48

## Driving Forces

Understanding of
Understanding of
Ability to
Ability to
Ability to
Ability to
Resource:
Resource:
Resource:
Resource:
Knowledge of:
Knowledge of:
Experience in:
Experience in:
Experience in:
Help from:
Help form:
Other:
Other:
Other:
Other:

## Status Quo (Where I am Today)

## Restraining Forces

Fear of
Fear of
Fear of
Fear of
Fear of
Lack of
Lack of
Lack of
Lack of
Unable to
Unable to
Unable to
Obstacle #
Obstacle #
Obstacle #
Obstacle #
Other:
Other:
Other:
Other:
Other :

## Goal (Where I want to be on \_\_\_\_\_)

Restraining Force	Reference:
Lust	Galatians 5:16

Driving Force	Reference: