A PLACE OF CHANGE MINISTRY

THE FULL MESSAGE

DON'T GO BACK

DR. ERIC THOMAS

September 19, 2026

Dr. Eric Thomas asks the question underneath every relapse, every return, every repeated pattern: why do we keep going back to what God already delivered us from? His answer is a formula, not a feeling - Review, Own, Adjust - built on a God who corrects like a coach, not a judge.

THE ONE THING

GETTING FREE ISN'T THE HARD PART OF YOUR STORY-STAYING FREE IS: THE MOMENT YOU CATCH YOURSELF CIRCLING BACK TO WHAT GOD ALREADY DELIVERED YOU FROM IS THE MOMENT TO REVIEW THE PATTERN, OWN YOUR PART IN IT, AND ADJUST THE SYSTEM THAT KEEPS PULLING YOU BACK.

Dr. Eric Thomas opens with a question that's been circling this whole coaching-format service: why do we keep going back to the exact thing God already delivered us from? The answer isn't more willpower. It's a formula he calls Review, Own, Adjust - and a reframe of God not as a judge waiting to punish you, but a coach with nothing to gain except your win.



From the deck - Don't Go Back

THE TRAGEDY ISN'T THE MISTAKE

As a dog returneth to his vomit, so a fool returneth to his folly. Eric's point: God delivers you, gives you a season of freedom - and the real tragedy isn't the fall, it's going back to the exact thing that already humiliated you, wounded you, and cost you time you can't get back.

> Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.
>
> GALATIANS 5:1

WIN, THEN STAY WON

Eric opened with a personal picture - a shirt he bought three years ago that he finally fit into again, evidence that change comes, even slowly. His charge from there: once you start winning in an area of your life, don't drift back into losing.

PRESERVE THE WINNING.

DR. ERIC THOMAS

GOD ISN'T PUNISHING YOU - HE'S COACHING YOU

Using Deion Sanders and his son Shedeur as the picture: a coach has nothing to gain except putting you in a good position. When God searches you, He isn't trying to embarrass you - He's showing you your own game so you can actually win it.

> Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.
>
> PSALM 139:23-24

> YOUR PROBLEM IS YOU DON'T WANT TO BE COACHED. YOU WANT TO GO TO GOD BECAUSE YOU ALREADY GOT A PLAN AND YOU WANT GOD TO COSIGN IT.
>
> DR. ERIC THOMAS

THE WINNING FORMULA: REVIEW, OWN, ADJUST

Three steps, repeated through the whole message. Review - study your pattern honestly, the way a great player studies film, instead of pretending it didn't happen. Own - before you blame the season, the trigger, or the people around you, own your part in it. Adjust - insight without a real change just makes you a more informed repeat offender.

> Now therefore thus saith the LORD of hosts; Consider your ways. Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes. Thus saith the LORD of hosts; Consider your ways.
>
> HAGGAI 1:5-7

KNOWING YOUR PATTERN ISN'T ENOUGH.

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THE MIRROR

Closing the message, First Lady Tyus used a plain mirror as a prop: when you look in it, you fix what's wrong without getting offended - messed-up hair, a smudge on your face - no ego involved. The challenge: bring that same posture to God. Stand before Him and say, examine me, then actually own what He shows you instead of getting defensive.

WHY DON'T WE GET UPSET WHEN THE MIRROR SHOWS US WHAT'S WRONG? WE JUST MAKE THE ADJUSTMENT.

FIRST LADY TYUS

FEEL IT. CHECK IT. CHOOSE IT.

A practical tool for the moment a reaction hits: feel it - name what you're actually feeling. Check it - ask yourself why you're reacting this way. Choose it - ask, is this the person I want to become? One bad decision doesn't have to become your identity.

GET BACK IN THE GAME

The close wasn't about living condemned by your past - it was a refusal to let yesterday's pattern write tomorrow's outcome. The invitation that followed was simple: stop self-coaching long enough to actually be coached.

I TRIED IT MY WAY. IT DIDN'T WORK.

DR. ERIC THOMAS

DO NOT JUST READ IT

THIS WEEK'S ASSIGNMENT

MONDAY

Review the Pattern

Think through the last time you went back to something God had delivered you from, like a coach reviewing game film. What triggered it? What warning signs did you ignore? What small compromises led you back?

TUESDAY

Own the Return

Stop blaming the person, the pressure, or the environment. Something may have triggered you, but you still made the decision to return. Write one sentence owning your part, with no one else's name in it.

WEDNESDAY

Adjust One System

Repentance is more than feeling sorry - it requires making changes. Pick one concrete adjustment today: remove an access point, set a boundary, change a routine, or put an accountability check in place.

THURSDAY

Feel It, Check It, Choose It

Next time a strong reaction hits today, pause before you respond and ask three questions: What am I feeling? Why am I reacting this way? Is this the person I want to become?

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KEEP BUILDING.

Saturdays at 11:00am.

Notes, slides and the full transcript every week at apoc.kapturedpixel.com/message