



POWER TO CHANGE – 2 of 6

Stop the Negative Self-Talk

January 14, 2024

QUESTION #1: WHAT DO WE KNOW ABOUT REAL CHANGE?

REAL CHANGE ISN'T BEHAVIOR MODIFICATION, IT'S SPIRITUAL TRANSFORMATION.

QUESTION #2: WHY DO WE DO WHAT WE DO?

YOU DO WHAT YOU DO BECAUSE OF WHAT YOU THINK OF YOU.

⁷For as he thinks in his heart, so is he. ...

~Proverbs 23:7 NKJV

IF YOU WANT TO CHANGE WHAT YOU DO, CHANGE WHAT YOU THINK OF YOU.

⁴⁴“... [The devil] has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. ⁴⁵So when I tell the truth, you just naturally don't believe me!”

~John 8:44-45 NLT

A CHRIST-CENTERED IDENTITY LEADS TO CHRIST-HONORING HABITS.
CHRIST-HONORING HABITS REINFORCE A CHRIST-CENTERED IDENTITY.

³⁷Each day Jesus was teaching at the temple, and each evening he went out to spend the night on the hill called the Mount of Olives.

~Luke 21:37 NIV

³⁹And He (Jesus) came out and went, as was His habit, to the Mount of Olives; ...

~Luke 22:39 NASB

INSTEAD OF FOCUSING ON WHAT YOU WANT TO DO, DECIDE WHO YOU WANT TO BECOME.

²¹Since you have heard about Jesus and have learned the truth that comes from him, ²²throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³Instead, let the Spirit renew your thoughts and attitudes. ²⁴Put on your new nature, created to be like God—truly righteous and holy.

~Ephesians 4:21-24 NLT